

Plant Based Pasta and Sauce



Ingredients:

- Pasta – chick pea, lentil, black bean – Your choice
- Chopped Garlic- to taste
- 1 Green pepper diced
- 1 medium onion diced
- 1 cup artichoke hearts (Trader Joe's bag of frozen is great)
- 1 can Diced Tomatoes
- 1Tbl Olive Oil
- Salt, Pepper, Oregano, Basil

Directions:

Sauce

- Saute' garlic in pan with olive oil
- Add onions, then pepper cook until softened
- Add diced tomatoes and artichoke hearts, cook through
- Season to taste with salt, pepper, oregano, and basil

Pasta

- Boil water in pan for pasta
- Add desired amount of pasta to boiling water and boil 7 minutes, drain and serve with sauce.