



RASTA PASTA

This Is a very simple recipe You can use the tri colored pasta to make it more interesting looking ...
or add a lil Scotch bonnet pepper for Heat enjoy

INGREDIENTS

- 1 jar organic marinara/pasta sauce
- 1 small jar tomato paste
- 1 tablespoons olive oil (optional – saute onions in veggie stock instead
- 2 garlic cloves, minced
- 1 large onion, diced
- 2 yellow or red bell peppers (or 1 of each), chopped
- 2 tomatoes chopped
- 2 parsnips chopped
- 2 red potatoes chopped
- 1 pound pasta rigatoni noodle or gluten free noodles, cooked and drained
- 2 cups cooked and drained black beans or red beans (EDEN brand)
- Salt and pepper to taste
- 2 tbs fresh or 1 tbs dry thyme
- 1 teaspoon dried basil
- 2 teaspoons minced fresh oregano, or ½ teaspoon dried oregano

A. boil root vegetables 10 min, drain, add to pot after peppers are done.

1. Heat 3 tablespoons of the oil in a large skillet, and saute the garlic, onion, then add peppers just until they are limp. Stir in the black beans, cooked root veggies, pasta sauce tomato paste, spices and season the mixture with salt and pepper. Simmer 15 min

3. Toss in the cooked pasta , warm back up.

Serves 8.