



PASTA WITH VEGETABLE RED SAUCE

An adaptation from the Italian kitchen loved by kids and adults.

Nutrition Facts Per 100 Grams of Pasta: Calories 537, Protein 19g, Carbs 82g, Fat 15g

Cooking process and additional ingredients added at home will affect the total value.

Preparation Time: 15 min, **Cooking Time:** 15 min



INGREDIENTS

Fusilli/Farfalle Pasta
Tomato, Tomato Paste
Chopped Onion, Garlic
Italian Seasoning, Broth

Olive Oil, Celery, Mushroom
Apple Cider Vinegar, Sugar
Parsley
Parmigiano Cheese

METHOD

Hint: Prepare the Sauce first then cook the pasta.

1. Place a pan or saucepan (don't use cast iron) over medium heat. When hot, add half the provided olive oil and swirl to heat.
2. Add the onions and celery with a pinch of salt and stir for 2-3 min or until color starts to turn golden. Add garlic and mushrooms with and sauté for 30 sec, add a pinch of salt and keep stirring for 2 minutes longer.
3. Add vinegar and sugar and keep stirring until completely evaporated.
4. Add tomato paste and stir for 30 seconds. Add a ladle of dissolved broth and stir until evaporated.
5. Add chopped tomatoes with a pinch of salt and the seasoning. Bring to boil, add remaining broth and simmer uncovered for 15 minutes or until thick and bubbly.
6. Add half the parsley and adjust salt to taste then remove from heat. If desired, blend with hand blender until smooth. Alternatively, you can leave chunky.
7. Fill a pot with enough water to boil the pasta (minimum 1½ liters (6 cups) per 250 grams). Add remaining salt and olive oil and bring to rapid boil over high heat.
8. While the water is boiling, add the pasta and gently stir. Bring back to boil then cook the pasta according to the package instructions. Usually Fusilli takes about 10 minutes to cook al-dente from the time it returns to boil, but it is best cooked 2 minutes under in this recipe. Do not overcook.

BON APPETIT