

Vegetable Medley Pasta

Recipe courtesy of Ginger DeFilippo, 2013



Ingredients:

2 Garlic Cloves – minced or chopped
1 tsp fresh Basil
1 tsp fresh Oregano
2-3 tbsp Olive Oil
2-3 tbsp Agave Nectar to taste
2-3 tbsp Vegetable Broth
1 Yellow Onion
4 cups sliced Mushrooms
1 Green Bell Pepper
1 Yellow Bell Pepper
1 Red Bell Pepper
3 Roma Tomatoes
Salt
Pepper

Put water on to cook pasta. Once the water is boiling, pour pasta in to cook using directions on the bag. Mince or chop the garlic, basil, and oregano together and sauté in olive oil for one minute. Add sliced onions and continue sautéing for another minute. Continue by adding mushrooms and the cut peppers. Simmer for about 2-3 more minutes then put the tomatoes in. Cook to desired tenderness. As the vegetables are cooking, pour the agave nectar in. Use salt and pepper to taste.

Optional toppings:

Kalamata Olives
Spanish Olives
Nutritional Yeast as “cheese”