

Vegan One Pot Pasta with Creamy Tomato Sauce

13 ingredients · 30 minutes · 2 servings



Directions

1. Soak cashews in cold water for at least 2 hours or up to overnight. If you don't have time for this step, soak cashews in boiling water for 20 minutes.
2. Add soaked and drained cashews and diced tomatoes to a blender with all the seasonings for the sauce. Blend until very smooth, about 1-2 minutes in a high speed blender, or a bit longer in a standard blender. Set aside.
3. In a saucepan, add olive oil, and onions and garlic. Saute on medium high heat until the onions and garlic have begun to brown.
4. Add the sliced peppers and green beans, and saute until done to your liking. Remove all veggies from the pan and set aside.
5. In the same pot (really, there's no need to even wash it!), bring 2 cups of water to a boil, and then add Chickpea Pasta and the creamy tomato sauce. Allow to simmer on a low boil for 5-7 minutes, until the pasta is still al dente, but the sauce has begun to thicken. The sauce will seem like a lot, but will also cover the veggies.
6. Add the veggies and & sun dried tomatoes in, and toss to coat. Garnish with fresh thyme, parsley, or basil.
7. This pasta is just as delicious the next day. The leftovers keep very well.

Notes

Spice it up

Add in whichever dried or fresh herbs you prefer: fresh thyme, basil, Italian parsley or green onions,

Ingredients

- 1 Gluten Free Pasta (8 ounces gluten free pasta)
- 1 1/2 **tbsps** Extra Virgin Olive Oil
- 4 Garlic (minced)
- 1 Orange Bell Pepper (I used half orange, half yellow)
- 2 **cups** Green Beans (ends trimmed)
- 1/3 **cup** Sundried Tomatoes (chopped roughly)
- Sea Salt & Black Pepper (to taste)
- 1/3 **cup** Cashews (soaked 2 hours and rinsed)
- 1 **cup** Diced Tomatoes
- 3/4 **tsp** Sea Salt (or more, to taste)
- 1 **tsp** Cumin
- 1 **tsp** Paprika
- 2 **cups** Water (do not add to the sauce)