

Southern VEGGIE GIRL



“Creamy Tomato Spinach Pasta”

Ingredients

1 onion, chopped
3 cloves garlic, chopped
1 cup mushrooms, chopped
3 tablespoons tomato paste
15 oz. of canned tomatoes, drained
2 ½ cups of oat milk
2 ½ cups vegetable broth
½ cup nutritional yeast
16 oz. dry pasta
5 oz. fresh spinach (or frozen)
Salt and pepper to taste
Dried basil and parsley to taste

Sauté the onion and garlic in a dutch oven. Add the tomato paste, then mushrooms. Sauté until onions are translucent. Stir in the basil and parsley. Add the canned tomatoes, salt and pepper, oat milk, and broth. Pour in the pasta and simmer for 10 minutes. Then stir in the nutritional yeast and spinach. Taste for seasoning, cook a few more minutes for thickening. Enjoy

Inspired by "Creamy Dairy-Free One Pot Pasta" presented by BuzzFeed
Tasty Vegetarian

