



Veggie-Packed Pasta Sauce Bowl

4 servings

55 minutes

Ingredients

2 tbsps Avocado Oil
1 cup Red Onion (Sliced)
1 Orange Bell Pepper (sliced)
1 Red Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
2 cups Crushed Tomatoes (from the can)
2 tbsps Nutritional Yeast
10 ozs Chickpea Pasta
2 cups Frozen Edamame (cooked)

Nutrition

Amount per serving	
Calories	484
Fat	16g
Carbs	65g
Fiber	19g
Sugar	16g
Protein	32g
Cholesterol	0mg
Sodium	320mg
Vitamin A	1516IU
Vitamin C	142mg
Calcium	158mg
Iron	11mg

Directions

- 1 Preheat oven to 400 F. Add the sliced peppers and onions to a parchment paper lined baking sheet. Drizzle with oil and roast for 30 minutes, tossing halfway.
- 2 Cook pasta according to directions on the box.
- 3 Add the crushed tomatoes, roasted veggies and nutritional yeast into a blender and blend. Serve with cooked pasta and edamame. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove and add some water.

Serving Size: One serving is approximately one cup.

More Flavor: Add fresh herbs like parsley or basil. Season with salt and/or use regular broth.

Additional Toppings: Top with dairy-free parmesan.