

# Black Bean Spaghetti-Vegan

Prep Time: 10 minutes  
Cook Time: 20 minutes  
Total Time: 30 minutes

Serving Size: 6  
Calories per serving: 492  
Fat per serving: 3 grams

## Ingredients

- 1 (7-ounce) package black bean spaghetti Explore Asian Organic
- 8 cups hot water
- 1 red bell pepper, sliced into strips
- 1 green bell pepper, sliced into strips
- 2 green onions, sliced
- 1 stalk celery, sliced
- 3 tablespoons vegetable broth Trader Joe's Low Sodium
- 2 tablespoons Sabra classic hummus or low sodium eggplant hummus
- 1 tablespoon Trader Joe's Tahini Sauce
- 2 teaspoons garlic balsamic vinegar
- Black pepper, to taste
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## Instructions

1. Cook the spaghetti in boiling water, for 6-8 minutes. When cooked rinse under cold water and set aside.
2. Place sliced bell peppers, onion, and celery in a skillet, over high heat. Add the vegetable broth, and stir occasionally. Cook until vegetables are ready, about 10 minutes.
3. Mix in a container the hummus, tahini, and garlic balsamic vinegar.
4. Combine the vegetables and the sauce with the prepared spaghetti, and mix together.
5. Add pepper to taste, and serve.

## Notes

Nutrition facts (per serving): Calories: 492, from fat: 121, total fat: 3g, cholesterol: 0mg, sodium: 45mg, total carbohydrate: 16g, fiber: 8g, sugar: 3g, protein: 16g.