

# Plant-Based Pasta Primavera – Vegan – SOS

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

Serving Size: 6  
Calories per serving: 453  
Fat per serving: 10 grams

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## Ingredients

- 1 (12-ounce) package gluten-free penne
- 3 cups broccoli, chopped
- 2 cups carrots, diced
- 1 medium onion, diced
- 1 cup red bell pepper, diced
- 1 1/2 tablespoons garlic granules
- 1 cup soy milk, unsweetened and oil-free
- 2 cups water
- 1/2 cup oat flour (or rolled oats, ground)
- 1/2 cup raw cashews, ground
- 2 cups green peas
- 2 teaspoons dried oregano, or 2 tablespoons fresh
- 2 teaspoons dried basil, or 2 tablespoons fresh
- 1/4 teaspoon black pepper
- 1 cup cherry tomatoes, halved
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## Instructions

1. In a medium pot, bring water to a boil. Add the pasta and cook according to the directions on the box. When the pasta is slightly al dente, remove from heat, drain, and set aside.
2. While pasta cooks, sweat the vegetables. To do this, add the diced broccoli, carrots, onion, red pepper, and garlic to a large sauté pan over medium heat. Cover the pan to keep the moisture from the vegetables in the pan and thus no oil is necessary. Cook for 10 minutes, stirring occasionally. If the pan gets too dry, the veggies may start to stick. At this point just add a little water.
3. Add the water and soy milk. Stir in the oat flour and cashew powder. Continue cooking over low-medium heat, making sure to stir occasionally to prevent the oats from clumping together.
4. Add the peas, dried herbs and black pepper. Simmer until the oats and cashews create a creamy sauce – about 10 minutes.
5. Mix in the cooked pasta and cherry tomatoes. Best served right away or chilled as a pasta salad.

## Notes

Nutrition facts (per serving): Calories: 453, from fat: 83, total fat: 10g, cholesterol: 0mg, sodium: 86mg, total carbohydrate: 71g, fiber: 12g, sugar: 9g, protein: 20g.