



Plant-Based Pasta Recipe

Shared by: Food Not Bombs Kitchener

Flexible ingredients: *this recipe is flexible and can use a range of different vegetables, so you can substitute in whatever veggies you think might taste best to you!*

Serving quantity: about 12 servings (*serving quantity is for a large pot of pasta, to feed many people! Can divide the recipe for smaller portions as preferred*)



To see a video with this recipe being made, go to: www.youtube.com/watch?v=uGrXt66cjGo

Ingredients

- ½ cup cooking oil
- 12 small onions
- other vegetables (flexible – should fill the pot ¼ before adding sauce and noodles)
- ¼ cup Italian seasoning
- ¼ cup garlic powder
- ¼ cup salt
- 4 jars of tomato sauce
- 2 kg of pasta (4 small bags of noodles or 2 big bags)



Directions

Step 1. Sauté the onions in cooking oil

Step 2. Add potatoes and other long-cooking root vegetables

Step 3. Add Italian seasoning and garlic powder and cook for a couple of minutes

Step 4. Add other vegetables & miscellaneous ingredients, as desired, and cook for a few minutes

Step 5. Add tomato sauce

Step 6. Add noodles and enough water to cover, if cooking noodles in the sauce. Alternatively, you can make the pasta separately and add the sauce to it later on.

Step 7. Bring mixture to a boil and let the noodles cook until done (7-10 minutes, depending on the type of noodles)



Finished pasta – enjoy!