

Creamy Lentil Pasta with Kale



Utensil:

Complete Gourmet Collection - 8.5 Qt. Roaster
Saladmaster Food Processor

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Contributed By:

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Recipe Description:

This easy to prepare vegetarian one-pot pasta dish gets a nutritional upgrade. Swap out refined grain pasta for a lentil pasta with the added benefit of plant-based protein. Chopped kale or other dark leafy greens are an easy way to add in extra vegetables and carrots add natural sweetness. An added benefit for those following a Gluten-free diet, many of the bean based pastas are also gluten-free.

2
cups
onions, shredded, cone #2
6
cloves
garlic, minced
4
each
carrot, shredded, cone #2
4
each
25.5 oz jars
tomato sauce
3

cups
almond milk (unsweetened)
2

cups
vegetable stock
1

Tbsp
basil
1

Tbsp
Oregano
10

cups
kale chopped into small pieces, loosely packed
1

tsp
Fresh ground pepper
3
each

9.6 oz. boxes
lentil pasta or other bean based pasta
16

oz.
peas, frozen
2

Tbsp
nutritional yeast or Pecorino Romano cheese (optional)
1

handful
fresh basil, handful chopped (optional)

Directions:

1. Preheat 8.5-quart roaster over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Add onions, garlic and carrots to Roaster, sauté, cover and cook for 6-7 minutes.
3. Add tomato sauce, almond milk, vegetable stock, basil, oregano, kale and pepper, Stir to combine, cook for 15 minutes until vegetables are soft.
4. Stir in pasta and peas and cover with lid. When Vapo Valve? begins to click steadily, turn heat to low and cook for 10-12 minutes. Keep a close watch on pasta, it can go from being al dente to overcooked quickly.
5. Remove Roaster from heat so it does not overcook, taste and adjust seasonings as needed.
6. Serve as is or Sprinkle with grated Pecorino Romano cheese or Nutritional yeast for a vegan option. Top with chopped fresh basil.

Tips:

- Substitute lentil pasta for your favorite pasta, cooking time will vary slightly
- Substitute chopped kale for other greens or a combination, swiss chard, arugula, spinach or dandelion greens.
- If you are concerned about added sweeteners, look for a tomato sauce with no added sugars. The addition of carrots in this dish will add sweetness to the sauce.