

# **Vegetarian Chickpea Broccoli pasta**

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This vegetarian chickpea broccoli pasta is the best recipe to make when your craving Italian, and want quick and easy too. Pasta, chickpeas and broccoli are tossed in a light creamy, garlicky sauce, full of delicious summer flavors. When you need an easy 30 minute dinner make this vegetarian pasta. It's comfort food with a light and summery taste.

OK, so I know I post a lot of pasta recipes, but pasta is so versatile, you could have hundreds of combinations. At the restaurant on the menu, you pick, your pasta shape, sauce, and any extra add-ins.

By some estimates there are 600 distinct commercial brands of pasta shape, hundreds of sauces, endless vegetables and protein combinations.

That's why I post a lot of pasta recipes, when am stuck for a dinner idea it's Pasta to the rescue.

### **Things to know about this vegetarian chickpea broccoli pasta recipe**

Start by boiling your fettuccine according to package instructions, and toss in the broccoli during the last few minutes of cooking until just tender. Don't forget to reserve at least 2 cups of pasta water before draining—this starchy “liquid gold” helps bring the whole dish together.

Why save pasta water? It's naturally rich in starch, which thickens and binds sauces beautifully, adding flavor and a silky texture—no heavy cream needed. Always save more than you think you'll need!

Sauté the onions and garlic until tender and just beginning to brown before adding the chickpeas, be sure the saute pan is big enough to hold all the ingredients without crowding.

If the saute pan is too small you wouldn't get that beautiful golden color instead the food ends up looking like it was boiled instead of sauteed.

Then put the rest of the ingredients in the pan scraping up all the brown bits, simmer for 10 minutes. The recipe says to reserve 2 cups of water but I know it only calls for 1, that's because I always like to save more than I need in case the sauce is too thick.

The other thing is the chickpeas and broccoli can be roasted then added to the sauce at the same time as the pasta. When I use this method which I do often

I use my Cuisinart toaster/airfryer as a quick and economical alternative to turning on my large wall oven. If you like easy vegetarian pasta recipes try my vegetarian orzo with asparagus and peas a quick recipe made in one pan.

If you make this Vegetarian chickpea broccoli pasta recipe please leave me a comment and don't forget to tag me on Instagram hearing from you is my favorite part.

## Ingredients

- 1/2 Lbs. Fettuccine
- 2 cups broccoli florets
- 2 cups chick peas
- 2 Tbs. each butter and extra virgin olive oil
- 1 cup manufacturing cream

- 1 cup reserved pasta water
- 1 cup grated parmesan cheese
- 1 Tbs. minced garlic
- 2 Tbs. each Italian parsley, and basil
- pinch of nutmeg
- Salt and pepper to taste

## Instructions

1. Cook fettuccine according to package directions Add broccoli last 5 minutes and reserving two cups of the water before draining
2. Drain and rinse 2 15 oz. cans chick peas
3. In a saute pan bring oil and butter to a medium heat
4. Add onion and garlic saute until tender and just beginning to brown
5. Add chickpeas saute until golden
6. Add reserved 1 cup of the reserved pasta water, (always save more than the recipe calls for) cream, parmesan, and herbs
7. Simmer 10 minutes
8. Toss, pasta, broccoli, chick peas . If the sauce is too thick add more pasta water to loosen it.
9. Salt and pepper to taste
10. sprinkle with parmesan and ENJOY!!!