Meatless Rigatoni Pasta Recipe

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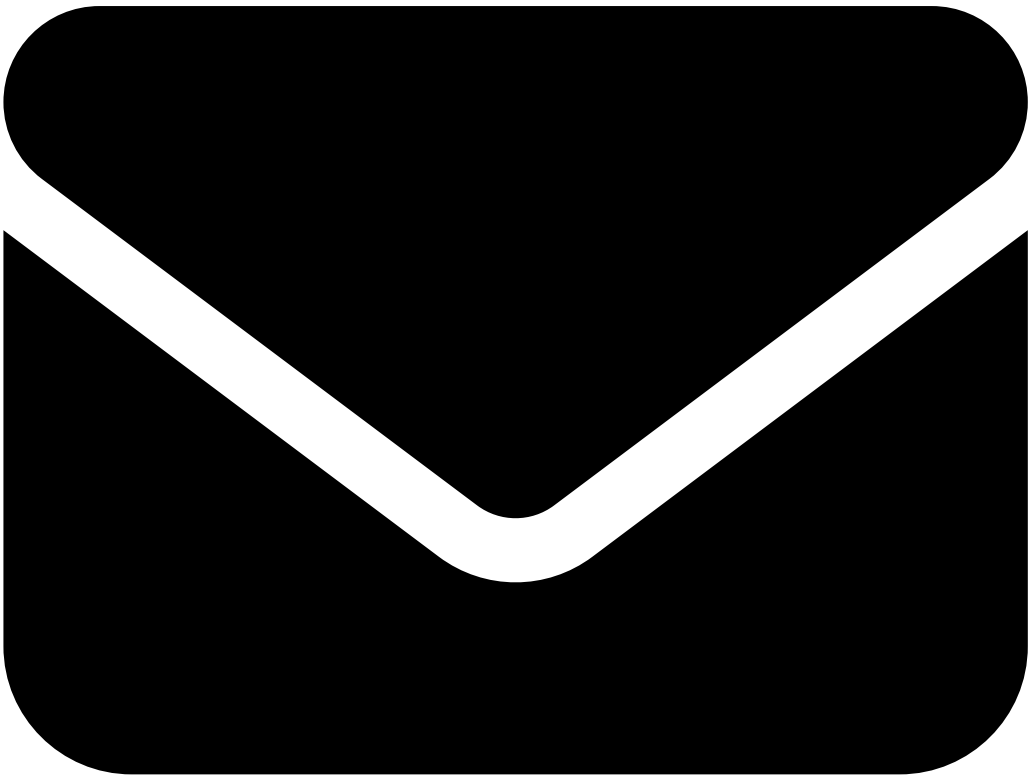




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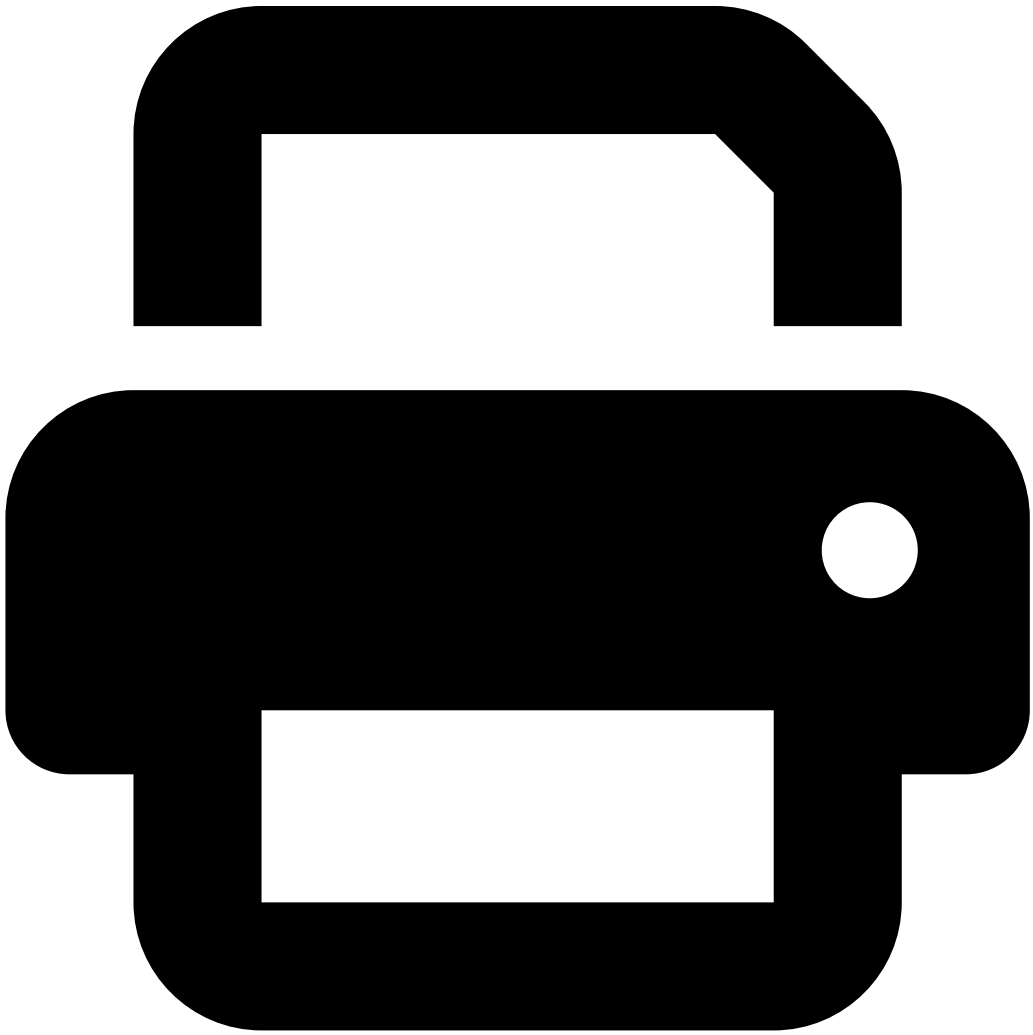

Many great recipes start with humble beginnings and for me dictated by what I have on hand.
This Meatless Rigatoni Pasta recipe started off with 2 zucchini I originally had other plans for, and a beautiful bunch of asparagus I had no plans for. That’s how this vegetarian pasta recipe started.

The garlic, asparagus and zucchini in a tomato sauce create an irresistible taste combination. And Guess what ??? Your whole family is going to love it and you’ll feel real good serving them a delicious good-for-you homemade meal!!!

Customize this Meatless Rigatoni Pasta Recipe

It’s super easy to make this vegetarian meatless pasta recipe fit your lifestyle and taste.

You don’t need to run out to the store to buy rigatoni. It’s perfectly okay to use any shape pasta you like. What is important is not shape of the pasta but the quality does matter. Our preferred brand at the restaurants is DeCecco.

Asparagus are delicious in this meatless pasta recipe. But not everyone has the same fondness for asparagus as I do. If your one that’s not crazy about asparagus, broccoli is a great alternative!!

The same principle of customizing my recipes for your taste can be applied with the zucchini in this pasta dish. You don’t like zucchini, no problem add more broccoli or asparagus. or leave them out all together with go with spinach.

You get the idea. Good cooking happens when we take what we have and like to create our own recipe!!!

Please let me know how this vegetarian pasta recipe works out for you. And please don’t forget to tag me on Instagram with your creations. I love hearing from you!!

Meatless Rigatoni Pasta Recipe



Rigatoni is tossed in a hearty tomato sauce with tender asparagus, zucchini, garlic, and parsley for a satisfying meatless pasta topped with Parmesan.

- 1 lb rigatoni

- 2 cups reserved pasta water
- 15 oz can crushed tomatoes
- 15 oz can tomato sauce
- 1 bunch asparagus cleaned and trimmed
- 2 medium zucchini cut in large dice
- 2 tbsp each butter and olive oil
- 1 chopped yellow onion
- 2 tbsp chopped garlic
- ½ bunch chopped Italian parsley
- ½ cup grated parmesan cheese
- Salt and pepper to taste

1. Cook pasta according to package directions resevering 2 cups of the water

2. Meanwhile in a large deep saute pan, bring the butter and olive oil to medium heat, add the onion, garlic and parsley saute until tender and just beginning to brown
3. Now add the tomatoes and water simmer covered 20 minutes
4. Add the asparagus and zucchini simmer 10 minutes longer
5. Toss the rigatoni with the sauce, top with parmesan cheese and additional parmesan