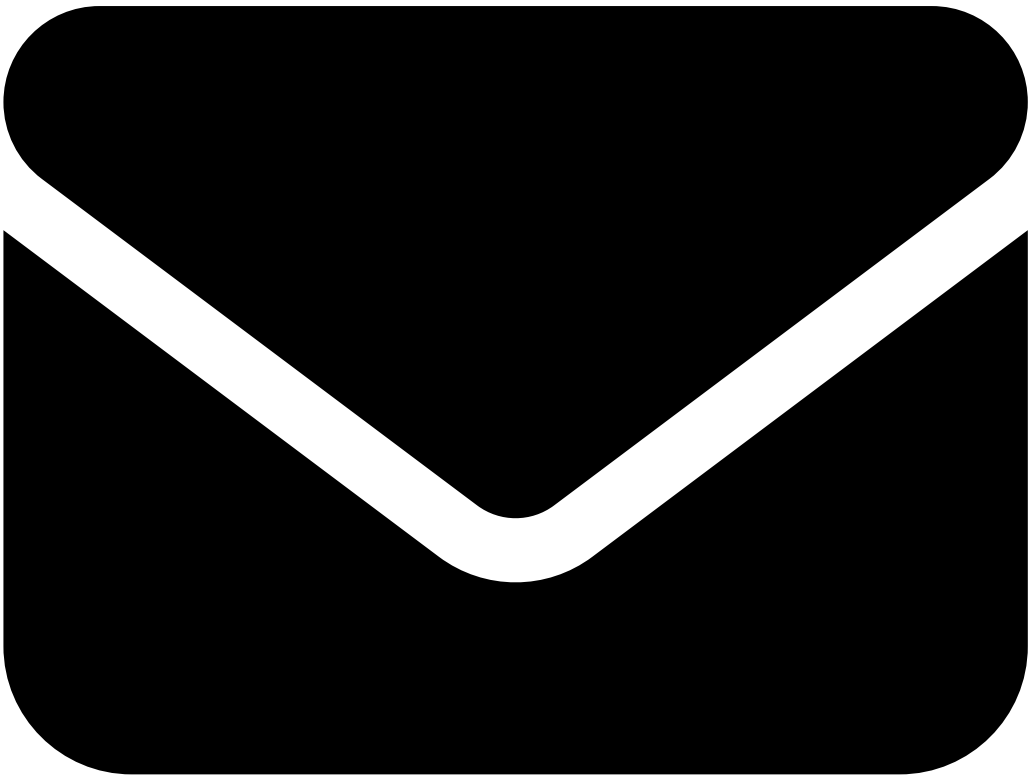
Pasta All ‘ortolana vegetable pasta sauce

Pasta all Ortolana Vegetable Pasta Sauce

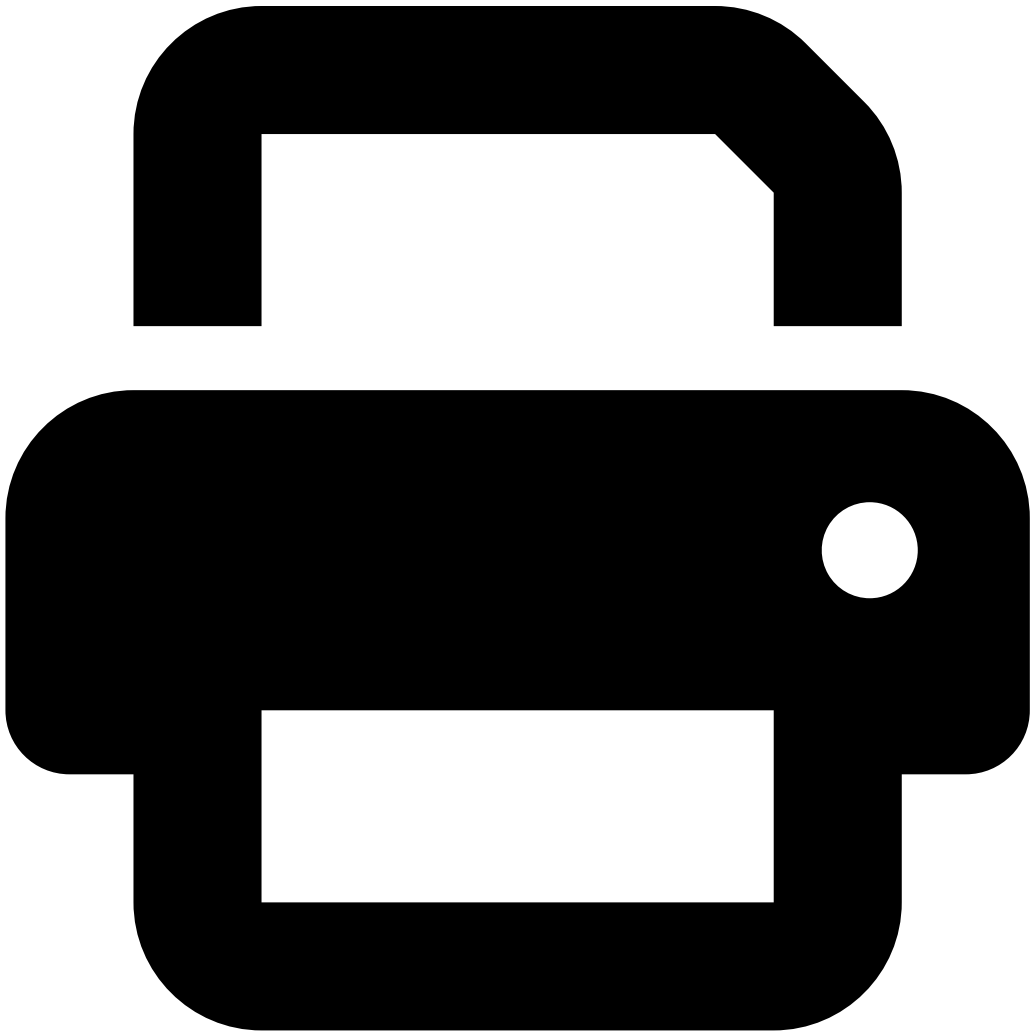
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



Pasta all Ortolana is an Italian vegetarian pasta dish made with a seasonal summer vegetable sauce that combines garden vegetables, aromatic herbs and tomato sauce to create a comfort sauce packed with flavor. It is easy to prepare and prefect when summer vegetables are in season. The vegetable sauce is stewed slowly with a medley of vegetables that result in a fragrant and delicious pasta sauce.

Things to know about this Italian vegetable past sauce

The Italian word Ortolana means grower of fruits and vegetables. Staying true to it’s meaning this vegetable pasta sauce uses a variety of fresh seasonal vegetables.

This recipe is very customizable, just like my ever changing minestrone soup the vegetables I use are what I have on hand. You can mix and match vegetables that fit your lifestyle or

have on hand. But this vegetarian pasta sauce always starts like this, with a sofritto made with small diced onions, garlic, celery, and carrots. This is an important first step to add flavor and depth of flavor to the dish. Then the rest of the vegetables are added and simmered slowly in a tomato - based sauce. The results are a rich flavorful vegetarian pasta sauce. The sauce can be make ahead of time and used when you are ready to serve, It also freezer friendly. Here is the link for the freezer friendly containers I use.

Pasta All Ortolana Vegetable Pasta Sauce



- 1/2 lb. rigatoni
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 small chopped onion
- 1 cup diced peeled carrots
- 1 cup diced celery
- 3 cups cherry tomatoes
- 2 cups tomato sauce
- 1 diced medium zucchini
- 1 small diced eggplant
- 1 diced red bell pepper
- grated pecorino cheese
- fresh basil

1. Start by cutting all your vegetables. Then in a large saute pan add the olive oil bring to medium high heat add the onion and garlic saute until soft and just beginning to brown.

2. Add the cherry tomatoes and saute until beginning to blister. now add the rest of the vegetables, salt and saute until the vegetables are well combined. then add the tomato sauce rinse out the cans and add one cup of water. Cover and simmer while cooking the pasta in salted water until el dente. Toss the pasta in this delicious vegetarian pasta sauce. Add fresh basil top with grated pecorino.