Italian Pasta e Piselli Recipe (Pasta and Peas in Tomato Sauce)

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Italian Pasta e Piselli in tomato sauce is a classic, comforting pasta dish that’s both simple and satisfying. Made with everyday ingredients, it comes together quickly for an easy vegetarian meal that’s perfect any night of the week.

Tender small pasta is tossed with sweet cherry tomatoes, onion, garlic, and fresh or frozen peas, creating a light yet flavorful sauce that feels rustic and homey. Even though the ingredients are simple, the finished dish is rich, fresh, and deeply satisfying.

Just like the white sauce version of pasta e piselli, this tomato-based variation is versatile and pantry-friendly. It’s the kind of recipe you can make anytime, using ingredients you likely already have on hand**Things to know when making Italian Pasta e Piselli Recipe (Pasta and Peas in Tomato Sauce)**

For the most authentic flavor, use fresh shelling peas when they are in season. Sweet, tender farm-fresh peas add incredible texture and flavor to this classic Italian pasta dish. If fresh peas aren’t available, frozen peas are an excellent substitute and work beautifully year-round. I often freeze extra peas from my garden or the farmers market to

enjoy this recipe even during the colder months.

To enhance the flavor, finish the dish with fresh basil for a bright, aromatic touch. A generous sprinkle of high-quality Parmigiano Reggiano adds richness and depth, bringing all the ingredients together for a simple yet satisfying Italian meal.

Here are a few related recipes you may also enjoy if you love simple, seasonal Italian dishes that highlight fresh vegetables and classic Mediterranean flavors.

Spaghetti alla Nerano
A classic pasta from Italy's Amalfi Coast made with silky zucchini, fresh basil, and cheese for a simple yet elegant summer meal.

Ciambotta with Chicken
This rustic Southern Italian stew combines seasonal vegetables and tender chicken in a comforting one-pot dish full of Mediterranean flavor.

Braised Artichokes alla Romana
Tender artichokes are slowly braised with garlic, herbs, and olive oil in this traditional Roman side dish that celebrates fresh produce.

Italian Tomato Salad with Heirloom Tomatoes
Juicy garden tomatoes, fresh basil, and a simple vinaigrette come together in this refreshing Italian salad that pairs perfectly with any pasta dinner.

Ingredients

- 1/2 Lb. medium size shells
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1/2 cup chopped Italian parsley
- 4 cups cherry tomatoes

- 2 cups tomato sauce
- 1 cup pasta water
- 3 cups of peas
- 1 cup grated parmesan cheese

Instructions

1. Bring a large pot of salted water to a boil and cook the pasta until al dente according to package instructions. Reserve a small cup of pasta water, then drain.

2. In a large skillet, heat olive oil over medium-high heat. Add the onion and garlic and sauté until softened and fragrant, about 3–4 minutes.

3. Add the peas, cherry tomatoes, tomato sauce, and a splash of reserved pasta water. Bring to a gentle simmer and cook until the tomatoes begin to break down. Use a potato masher or the back of a spoon to crush the tomatoes into the sauce.

4. Continue simmering for about 15 minutes, or until the sauce has thickened and developed flavor.

5. Stir in and Parmigiano Reggiano, and simmer for an additional 3–5 minutes until the sauce is well combined.

6. Add the drained pasta to the skillet and toss until fully coated in the sauce. Taste and adjust seasoning with salt and pepper if needed. Serve immediately.