Red Sauce Vegetarian Pasta

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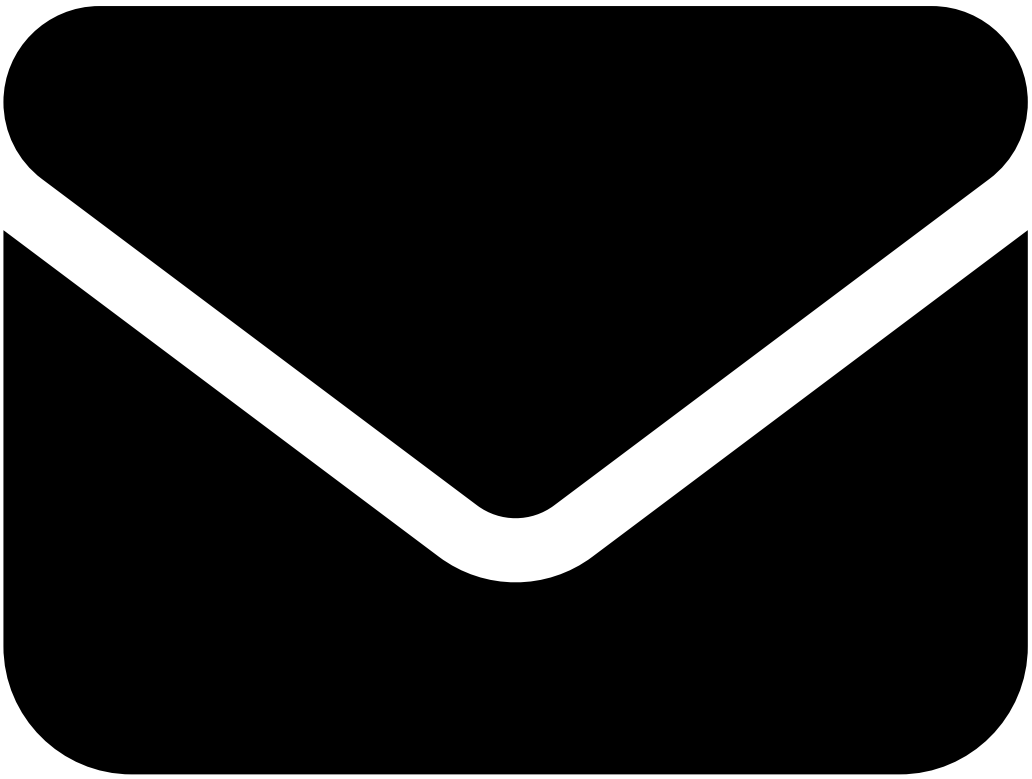




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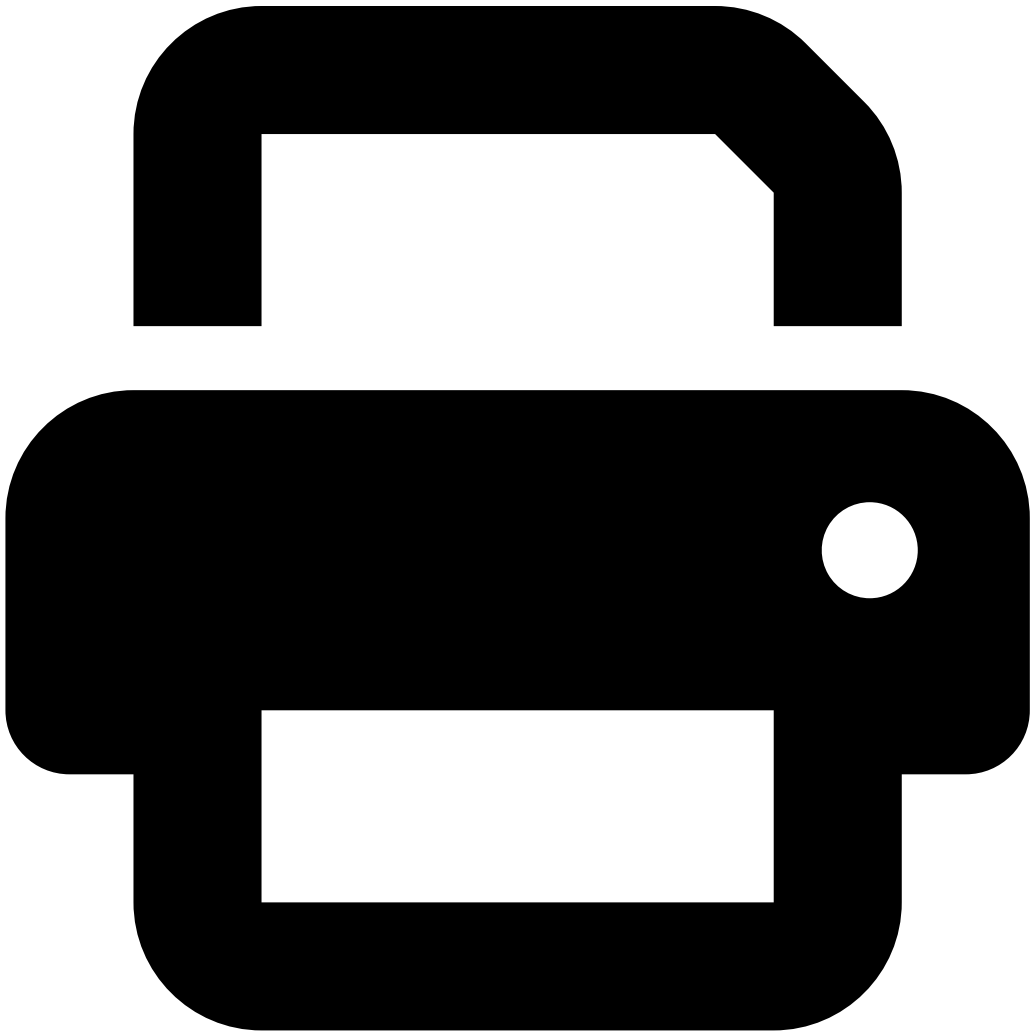

Heading into the hot weather with this new red sauce vegetarian pasta recipe. In this easy pasta recipe tender bell peppers, fresh tomatoes, and spinach in red marinara sauce, combined with cheesy goodness create a delicious sauce. This pasta with healthy good for you ingredients nothing short of amazingness. I couldn’t stop eating it. Not shocking I know, because I love pasta, and this Italian girl loves all Italian flavors.

I know I post a lot of pasta recipes, but when am stuck on “what’s for dinner” it’s pasta to the rescue. Pasta is easy, versatile, and who doesn’t love pasta???? You could literally have Pasta every day for a month without repeating the same recipe, that’s how versatile pasta is.

Variations For this Red Sauce Vegetarian Pasta recipe

This vegetarian pasta recipe is so easy to customize to fit your lifestyle and taste. for instance I used farfalle pasta, a bow tie shaped pasta. Any shape pasta works with this recipe, although I prefer a short shape, you can use any shape you like.

And because I wanted to keep it a vegetarian pasta recipe, I didn’t add any meat. You can add Italian flavored Chicken sausage. If chicken sausage isn’t your thing use any sausage you like or you. or chicken breast. If your going to add meat cut saute it after the onions and peppers are cooked and before adding the fresh tomatoes.

One more thing I used my homemade marinara sauce in this recipe which I always have on hand, if you don’t you can use store bought marinara. I’ve linked both marinara alternatives.

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Farfalle is tossed in a hearty marinara sauce with fresh tomatoes, bell peppers, spinach, herbs, and melted mozzarella and Parmesan for a colorful meatless pasta.

- ½ lb Farfalle Pasta
- 2 tbsp butter

- 2 tbsp olive oil
- 2 cups chopped spinach
- 1 each chopped red and green bell peppers
- 1 chopped yellow onion
- 2 tbsp chopped garlic
- 2 cups chopped tomatoes
- 2 cups prepared marinara sauce
- 1 cup reserved paste water
- 1 cup shredded mozzarella cheese
- 1 cup grated parmesan cheese
- 4 tbsp each chopped Italian parsley and basil
- Salt and pepper to taste

1. Cook pasta according to package directions reserving 1 cup of the water before draining

2. Meanwhile in a large saute pan in the butter and olive oil saute the onion, peppers and garlic until tender and just beginning to brown then add the chopped tomatoes saute 5 minutes
3. Add the marinara sauce, reserved pasta water and herbs simmer covered 15 minutes
4. Add the cheeses simmer 10 minutes longer Add the chopped spinach last 5 minutes
5. Add the pasta to the sauce adjust salt and pepper to taste
6. Top with additional parsley and cheese