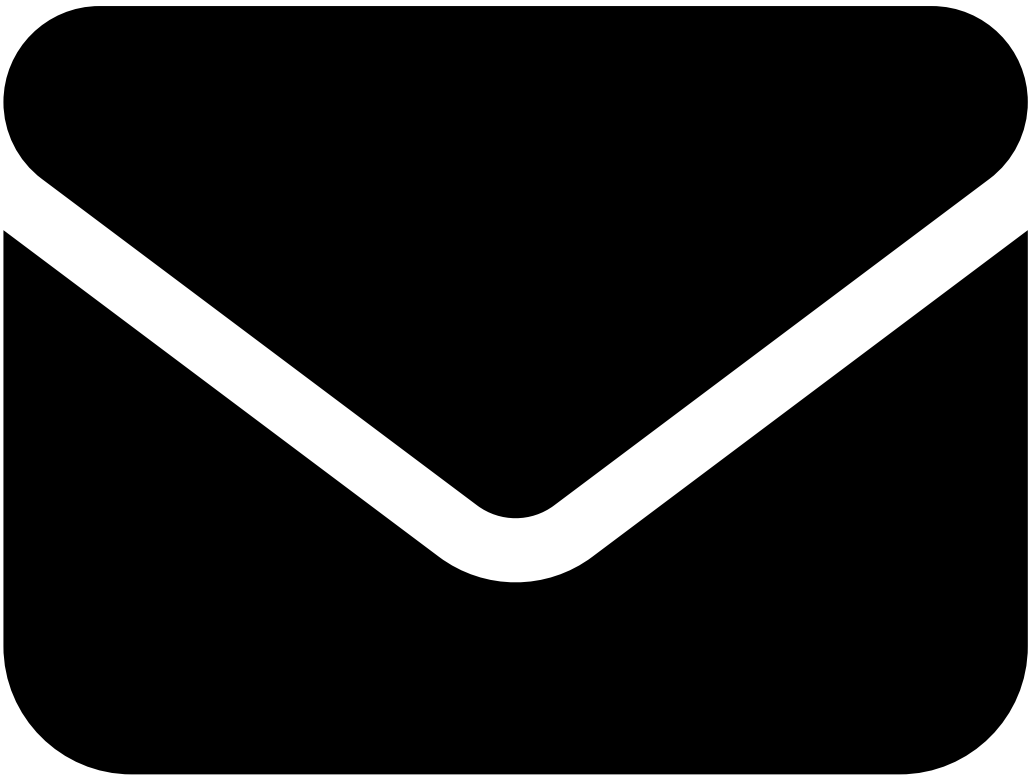
Vegetarian Italian Penne Pasta

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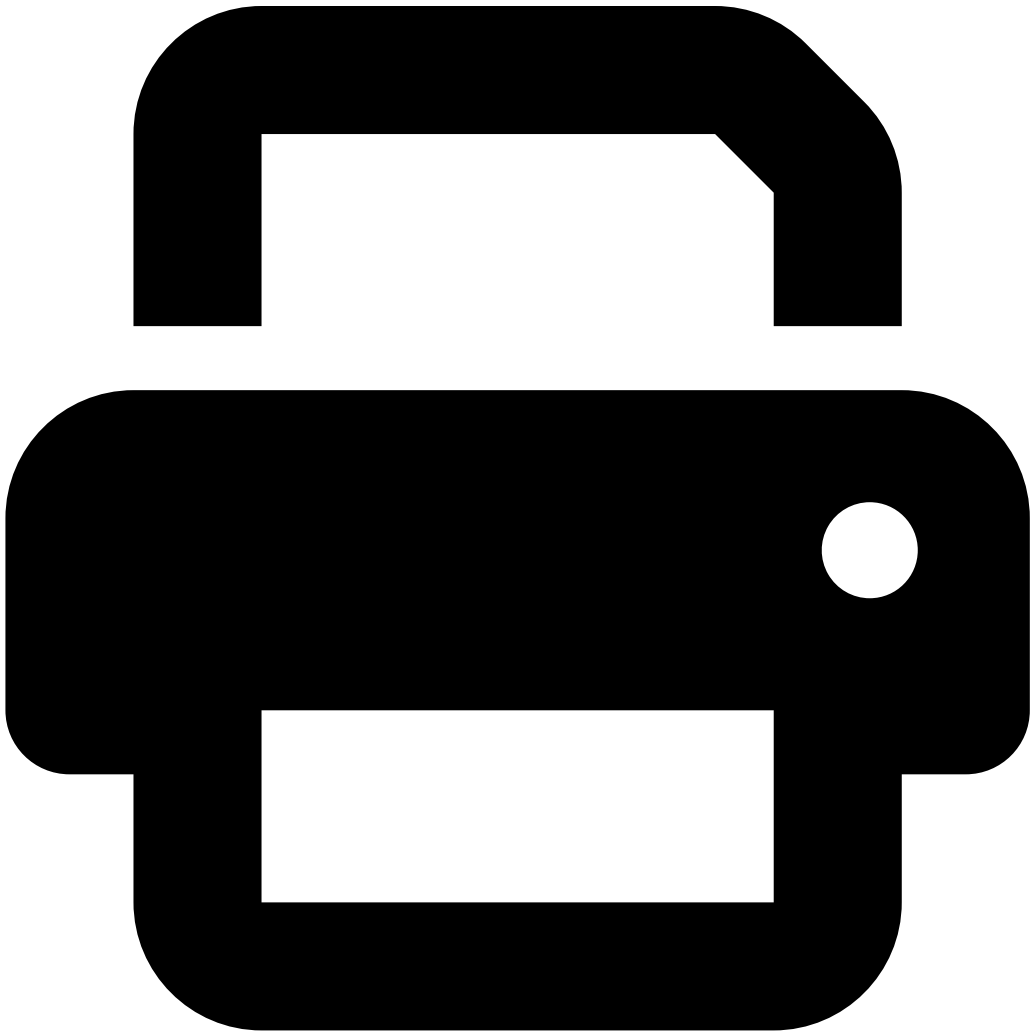
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This Vegetarian Penne Pasta is prefect when your craving Italian but want vegetarian too.
Penne pasta coated in a creamy pink sauce, with the tangy flavor of sundried tomatoes mild spinach and cheesy goodness that will liven up any meal.

Your family and friends won’t miss the meat in this easy vegetarian pasta recipe, full of Italian flavors.

Why I love This Vegetarian Italian Penne Pasta Recipe

The first and one of my top priorities for recipe success is it has to be easy.

Well it doesn’t get much easier than this Vegetarian Italian Penne Pasta.

Not only is this recipe easy it comes together in less than 30 minutes, uses few ingredients and who doesn’t love pasta.

All you need is a prep plan and a large enough

covered skillet to hold all the ingredients. By prep plan I mean it’s always to have marinara sauce on hand in Italian kitchens, preferably homemade here is the link to my Real Easy Marinara or you can use a good quality store bought like.

I know I post a lot of pasta recipe, but with so many different shapes and endless combinations of ingredients, when Am stuck for dinner ideas it’s pasta to the rescue.

If you made this easy and delicious vegetarian Italian penne pasta please leave a comment. I love gearing from you!!!

Vegetarian Italian Penne Pasta



Penne pasta is tossed in a creamy marinara sauce with spinach, sun-dried tomatoes, Parmesan, and fresh herbs for a rich, flavorful vegetarian meal.

- 1 lb penne pasta
- 2 tbsp each butter and olive oil
- ½ chopped yellow onion
- 2 tbsp chopped garlic
- 4 cups chopped spinach
- 1 cup chopped sundried tomatoes
- 1 cup heavy cream

- 1 cup prepared marinara sauce
- 1 cup reserved pasta water
- 1 cup grated parmesan cheese
- 2 tbsp each chopped Italian parsley and basil
- Salt and pepper to taste

1. Cook pasta according to package direction saving 1 cup of the water before draining
2. Meanwhile in a large skillet bring butter and olive oil to medium heat
3. Add the onion and garlic saute until tender and just beginning to brown
4. Add the sundried tomatoes mix well
5. Add the reserved pasta water scraping up the brown bits at the bottom of the skillet
6. Add the cream and marinara sauce simmer covered for 15 minutes or until sauce thickens add the spinach, parmesan cheese and herbs last 5 minutes
7. Toss drained pasta in sauce sprinkle with additional parmesan and Italian parsley