

Veggie Packed, High Protein, Kid-Friendly Pasta Sauce

Vegan, gluten-free

Recipe by Jentry Lee Hull

Serves 4

Total time 20 minutes

Ingredients

½ Tbsp olive oil

1 medium sweet onion, diced

1 medium zucchini, peeled and diced

3 cloves garlic, minced

1 heaping cup shredded carrots*

½ cup roasted red peppers, roughly chopped

1 can [great northern beans](#), drained and rinsed

1 25 oz jar pasta sauce** (I love [Thrive Market's brand](#))

2-3 Tbsp Nutritional Yeast

Salt and pepper to taste

Fresh basil and [Vegan Parmesan cheese](#), for garnish

Pasta options

2 packs of Hearts of Palm Pasta (available at Trader Joe's)

1 box of [Jovial Pasta](#), cooked according to package directions

Method

In a large pot over low-medium heat, add olive oil and diced sweet onion.

Saute for a couple of minutes, until the onions begin to sweat and gently caramelize.

Add diced zucchini and minced garlic. Stir and saute for another couple of minutes.

Add shredded carrots and chopped roasted red peppers. Stir and saute for another minute or two to soften.

Incorporate great northern beans and nutritional yeast.

Add pasta sauce.

Stir and simmer on low for 5 minutes.

Transfer to a blender and blend until smooth and creamy.

Transfer back to the pot, combine with cooked pasta of choice (I used both the hearts of palm and jovial foods pasta).

Serve and dig in!

Notes

*Option to use diced carrots.

**Look for pasta sauce with no added sugar

*If you don't have pasta sauce, use 2 14oz cans of tomato sauce, plum tomatoes, diced tomatoes.

Nutrition Facts are for pasta sauce ingredients only

| Nutrition Facts | |
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| Servings 4.0 | |
| Amount Per Serving | |
| calories 257 | |
| % Daily Value * | |
| Total Fat 8 g | 12 % |
| Saturated Fat 0 g | 1 % |
| Monounsaturated Fat 1 g | |
| Polyunsaturated Fat 0 g | |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0 % |
| Sodium 1109 mg | 46 % |
| Potassium 636 mg | 18 % |
| Total Carbohydrate 35 g | 12 % |
| Dietary Fiber 11 g | 44 % |
| Sugars 8 g | |
| Protein 13 g | 26 % |
| Vitamin A | 32 % |
| Vitamin C | 16 % |
| Calcium | 14 % |
| Iron | 101 % |
| * The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA. | |