One-Pot Tuscan Pasta

Source: Ashley Madden, founder of RiseShineCook.ca, from her book Plant-Based Delicious

About the Recipe

230 Calories · 9 g Protein · 7 g Fiber
Lunch · Dinner
Gluten-free · Nut-free · Soy-free

Notes

If you don’t have leeks, use 1 large yellow onion, diced.

If you eat gluten, you can use whole-wheat spaghetti.

Ingredients

Makes 8 Servings

- 1 leek, dark green tips and root removed and discarded, halved lengthwise, and thinly sliced
- 4 cloves garlic, minced
- 10 oz (280 g) portobello mushrooms, thinly sliced (4 portobellos)
- 1 tbsp (6 g) Italian seasoning
- 1/4 tsp red pepper flakes **optional*
- 1 15oz [425-g] can diced tomatoes
- 1 15oz [425-g] can tomato sauce or passata
- 2 3/4 c (650 mL) low-sodium vegetable stock
- 1/2 tsp sea salt, or to taste
- 10 oz (280 g) dried brown rice spaghetti or linguine
- 1 1/2 c (273 g) cooked or canned borlotti, navy, or cannellini beans, drained and rinsed
- 1 tsp coconut sugar **optional*
- 1 1/2 c packed (60 g) baby spinach **optional*

- 3 tbsp (12 g) nutritional yeast
- 1 tsp red wine vinegar
- Freshly ground black pepper
- Fresh thyme or oregano **optional*

Directions

1. In a Dutch oven or soup pot, saute the leeks and garlic with a few tablespoons (about 30 mL) of water over medium heat for 5 minutes or until softened. Add water, as needed, to prevent burning.
2. Add the mushrooms, Italian seasoning, and red pepper flakes, and continue to saute for another 5 minutes, or until the mushrooms have shrunk in size and begin releasing their juices. Now, add the diced tomatoes, tomato sauce, vegetable stock, and salt, and bring to a boil.
3. Crack the pasta in half and add to the pot along with the beans. Lower the heat and simmer, uncovered, stirring often to prevent the noodles from sticking together or to the bottom of the pot and making sure the noodles are always submerged in the sauce for 12 to 15 minutes, or until the pasta is tender and the sauce has thickened. Toward the end of the cooking time and as the sauce thickens, it might start sputtering and splashing. If so, partially cover the pot to avoid a mess.
4. Turn off the heat. Stir in the coconut sugar (if using), spinach (if using), nutritional yeast, and vinegar. Taste and reseason with pepper and salt, as needed, and divide among bowls. Garnish with fresh thyme or oregano if desired.

Nutrition Facts

Per Serving:
Calories: 230
Total Fat: 1 g
Saturated Fat: 0 g
Calories From Fat: 4%
Cholesterol: 0 mg
Protein: 9 g
Carbohydrate: 48 g

Sugar: 5 g
Fiber: 7 g
Sodium: 533 mg
Calcium: 65 mg
Iron: 3 mg
Vitamin C: 13 mg
Beta-Carotene: 399 mcg
Vitamin E: 2 mg