

Black Bean Spaghetti Vegetable Stir Fry

High protein, gluten free, nutrient dense, no oil, easy to make entrée. And did we say it is delicious too :).

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 12 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Organic Black Bean Spaghetti Explore Cuisine	4 half cup dry pasta
Onion, white, yellow or red, cooked	1 medium - 2 1/2" diameter
Yellow bell peppers, sweet, cooked	1 medium - 2 1/2" diameter x 2 3/4"
Garlic, cooked	1 clove
Carrots, cooked from fresh	1 medium - 6" to 7" long
Broccoli, cooked from fresh	0.5 medium - stalk - 7 1/2" to 8" long
Green peas, cooked from frozen	0.5 cup
Tomato raw (includes cherry, grape, roma)	6 cherry
Sun-dried tomato, dry pack	2 piece
Ginger root, raw	1 slice - 1" diameter
Tamari sauce	1 tablespoon
Turmeric, ground	1 teaspoon
Black pepper, ground	1 dash
Red pepper (cayenne), ground	0.25 teaspoon

Instructions

1. Place two pieces of sun dried tomato in enough water to cover, for 20 minutes to soften. Or use sundried tomatoes in oil.
2. Cook one package of black bean pasta as per package directions. Drain and set aside.
3. Chop onion, yellow pepper, carrot, garlic, 1/2 bunch of broccoli and one medium carrot - set aside.
4. Add about 1/4 - 1/2 cup water to large cast iron pan and place on medium heat. When water is hot add chopped onions, pepper and carrot. Sautee for about 2 minutes or until beginning to soften. Add garlic, broccoli and chopped sun dried tomato pieces. Stir and add 1 inch freshly grated ginger root, 1/2 - 1 tsp turmeric (start with 1/2 and add more if needed to taste), tamari sauce, black pepper and a dash of cayenne or dried crushed red peppers. Stir to combine and continue to cook a few minutes then add sliced grape or cherry tomatoes - about 6 -8. Add frozen peas.

5. Stir and continue to cook covered for about 3 minutes or until broccoli is just beginning to turn brighter and soften slightly and peas are cooked. Add more water or spices as needed.
6. Add cooked black bean pasta - stir to combine and cook another 2 - 3 minutes.
7. Try adding a squeeze of lemon or some cilantro as topping. Unused portions can be stored in covered container in the refrigerator for up to two days.