

# Lentil Penne Pasta With Oil Free Tomato, Red Pepper And Spinach Sauce And Fresh Basil

I prefer to steam first for 3 - 5 minutes as this reduces time in the oven.

## Categories

Gluten-free

Yields: 2 servings

Preparation time: 5 mins

Cooking time: 10 mins

Category: Entrees

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



## Ingredients

Organic Red Lentil Penne (Explore Cuisine)	1 cup
Onion, white, yellow or red, cooked	0.5 medium - 2 1/2" diameter
Tomato, cooked from fresh	1.5 cup
Red bell peppers, cooked	0.5 medium - 2 1/2" diameter x 2 3/4"
Garlic, fresh	1 clove
Spinach, cooked from fresh	1 cup
Crushed red pepper	1 x 0.25 tsp
Salt, sea salt	1 dash
Oregano, dried	0.25 teaspoon
Basil, ground	0.25 teaspoon
Black pepper, ground	0.25 teaspoon

## Instructions

I use organic red lentil penne for this dish but really any gluten free pasta will do. A 227g box has 4 servings but I can easily eat half a box. In this case I would be consuming two servings.

1. Bring water to boil for pasta in a medium sized pot.
2. Dice onions, red pepper and garlic.
3. Add about 1/2 cup water to cast iron skillet.
4. When water is hot add onions and red pepper. Cook until soft, about 4 -5 minutes. Add garlic and cook for 1 more minute.
5. Add cut grape or cherry tomatoes and spices. Cook, stirring often, until tomatoes have softened. Cook for 8-10 minutes. Add more water as needed.
4. Add pasta to hot water just after adding the tomatoes and spices so that the sauce and the pasta are ready at the same time.
5. When sauce is done add spinach and stir until it has softened.

Serve with a garnish of fresh basil.