 **Italian Pasta with Tomato Vegetable Sauce** 

**Makes 6 servings**

1 Tablespoons extra-virgin olive oil

12 oz. pasta, (whole wheat, gluten free, 4 color, any variety)

12 oz. (½ Jar) pasta sauce

4 Tablespoons tomato paste

½ cup vegetable broth

2 cloves garlic, minced

10 oz. frozen vegetable mix (onion, red pepper, green pepper)
1 Tablespoon mushroom powder

½ tsp. turmeric

½ tsp. coriander

1 tsp. dried parsley

Parmesan cheese (optional)

Toasted pine nuts (optional)

Prepare pasta to the directions on the package. Drain, add olive oil, 1 clove minced garlic, toss and set aside.

In a stock pot, add all the remaining ingredients in the order listed and mix well. Heat over medium heat for approximately 15 minutes.

Pour the pasta sauce over the prepared pasta. Top with parmesan cheese and toasted pine nuts.

*Cook’s Note: To toast pine nuts, place them in a nonstick pan over medium heat. Stir constantly until lightly browned. Remove from heat as soon as the color changes otherwise, they will burn.*

*Can add additional vegetable broth to reach desired consistency.*