PASTA WITH COLORFUL MARINARA

Inspired by a recipe from Wellness In The Schools

INGREDIENTS

- 2 bell peppers (red, yellow, or orange) chopped, small (about 3 cups)
- 2 ribs of celery, diced small (about 1 cup)
- 2 large carrots, small diced or grated (about 2 cups)
- 1 large or 2 medium red onions, diced (about 2 cups)
- 4 cloves of garlic (about 2 Tbsp minced)
- 2 small eggplants, diced small (about 2 cups)
- 1 medium zucchini, diced (about 2 cups)
- 3-4 15 oz cans diced or chopped tomatoes
- 3 Tbsp tomato paste
- 2 15 oz cans garbanzo beans or northern white beans, drained
- 2 Tbsp olive oil
- 4 tsp dried oregano or 4 Tbsp fresh, minced
- 4 tsp dried basil or 1 cup fresh, minced
- 1/4 cup fresh parsley, minced
- 1/2 tsp crushed red pepper flakes
- 1 tsp salt
- 1 pound whole grain pasta, cooked according to the package with 1 tsp salt

METHOD

Drain the tomatoes (save the liquid for another use like soup—it can be frozen) into a pot and simmer with the tomato paste and beans until thickened (about 20 minutes). Stir in the spices and herbs.

In a large sauté pan or pot, warm the olive oil for a few minutes on medium - low heat.

Add the chopped onions and let them cook on medium heat until translucent before adding the celery and carrots. Turn up the heat to medium - high and cook until onions are beginning to brown. Stir occasionally.

Next add the garlic and the peppers, stir to incorporate them into the mixture. Let them cook for a few minutes before stirring in the eggplant, let cook a few minutes and then add the zucchini. Cook until vegetables are tender, about 15-20 minutes.

Add the tomato mixture to the vegetables, stir to combine, and taste to check the seasonings before adding the pasta.

Toss all together and enjoy.