

ITALIAN STALLION BUTTER TOMATO PENNE

(V, DF, GF)



INGREDIENTS

- 9.6 oz. box of gluten free penne pasta (I used Ancient Harvest Gluten Free Penne), or your choice of pasta

Sauce:

- 1 pint cherry or grape tomatoes, quartered or halved (cut them depending on how large they are)
- 1/4 yellow onion, sliced into thin slices
- 2 garlic cloves, pressed/minced (I used my garlic press)
- 2 tablespoons butter, cut into small cubes (I used Miyoko's)
- 1 pinch salt
- 1 pinch black pepper
- 1/4 cup low sodium vegetable broth (or water)

Optional: Additional salt to taste

Chickpeas:

- One 15.5 oz. can chickpeas, drained and rinsed (I used organic "no salt added" garbanzo beans from Whole Foods)
- 1 tablespoon Bragg's Sprinkle Seasoning (or use Italian seasoning)
- 1/2 teaspoon salt
- 1 teaspoon olive oil (or high heat oil of your choice)

DIRECTIONS

How-to:

1. *Pre-heat your oven to 425 degrees*
2. *Place the quartered or halved cherry tomatoes, sliced onion, pressed garlic, cubed butter, salt, and black pepper onto a baking sheet covered in parchment paper. Stir slightly to combine and spread out to ensure everything roasts instead of steams.*
3. *Roast the mixture in the oven for 25-30 minutes, stirring about half way through the roasting process*
4. *While the tomato mixture is roasting, prepare your pasta according to package directions. Drain and return to it's cooking pot, covering to keep it warm.*
5. *Prepare the chickpeas. Heat a skillet to med-high heat. Place the chickpeas in the skillet with the seasoning, oil, and salt. Cook until the chickpeas slightly brown, about 10 minutes stirring frequently. Remove from heat and set aside.*
6. *When the tomato mixture is finished roasting, place the mixture into a high speed blender or a food processor with the veggie broth or water. Process until the mixture is mostly smooth, about 1 minute. Add additional broth and salt if desired.*
7. *Serving suggestion: Smother the pasta with the prepared sauce (pour it) onto the pasta and gently stir to combine. Serve in bowls and top with chickpea mixture.*
8. *Eat and enjoy!*

Tips and Tricks:

- *Stir the chickpeas into the pasta instead of placing them on top.*
- *Serve the sauce on the side or on top of the pasta instead of "smothering" the pasta with it.*

PREP TIME: 15 MIN

COOK TIME: 20 MIN

TOTAL TIME: 35 MINUTES

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