

# Roasted Red Pepper Pasta

*A bright, flavorful, and quick meal that is a refreshing twist from typical tomato sauce pasta.*

## Ingredients

- 1 (12 oz) [jar of roasted red peppers](#), drained
- 4 cloves garlic, chopped
- ½ teaspoon salt
- 2 tablespoons tahini or ⅓ cup raw cashews/pine nuts, soaked in hot water for 10 minutes if you don't have a high-speed blender
- ¼ cup nutritional yeast (optional)
- ¾ cup plant-based milk
- ¼ teaspoon red pepper flakes, use at least ½ teaspoon for more heat)
- 14 to 16 oz box [whole grain](#) or [bean](#) pasta
- Frozen peas



## Instructions

1. Bring a large pot of water to boil for the pasta and cook according to package directions.
2. Blend the sauce ingredients in a blender together until very smooth.
3. Pour the sauce into a skillet and bring to a low simmer, stirring frequently. This cooks the raw garlic and thickens the sauce slightly.
4. Once pasta is cooked then drain.
5. Add drained pasta to the skillet with the sauce and stir together.
6. Add some frozen peas
7. Sprinkle with plant-based parmesan if desired. The pasta will soak up the sauce quite a bit over the next 10 minutes.