

Vegetable and Black Bean Pasta

Serves: 2

Prep time: 15 minutes

Cook time: 15-20 minutes

 3 serves per portion

Ingredients

$\frac{3}{4}$ cup uncooked pasta (penne or spirals)
2 tablespoons olive oil
 $\frac{1}{2}$ small onion, thinly sliced
1 garlic clove, minced
2 tablespoons tomato paste or passata
 $\frac{1}{2}$ small zucchini, sliced
1 small carrot, sliced
 $\frac{1}{2}$ green capsicum, thinly sliced
4 mushrooms, sliced
Salt and pepper to taste
 $\frac{1}{2}$ teaspoon Italian herbs
250g canned black beans (equivalent to 2 small cans)
1 small tomato, chopped
2 tablespoons parmesan, grated
2 teaspoons fresh parsley, finely chopped (optional)

Method

COOK pasta according to packet instructions and drain.

MEANWHILE, heat frying pan over medium high heat and add half of the oil.

FRY onion for 5 minutes or until softened then add garlic. Cook for a further minute or until fragrant.

ADD tomato paste, zucchini, carrot, capsicum, mushrooms and seasonings and stir well. Cook until tender (5-10 minutes).

STIR in the beans, tomato, remaining olive oil and cooked pasta and toss gently.

SPRINKLE with parmesan and fresh parsley before serving.



Everyday Food

Recipe courtesy of the Country Kitchens team