

Autumn Pasta

Wholesome Homemade Vegan Food

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If you read or tried my vegan sausage & pepper pasta recipe a few weeks back, you will find some similarities to this dish! If you cooked that recipe you'll be delighted to learn some alternatives to this dish - as you can switch out the veggies and meat substitutes for anything you please!! If you made my sausage and pepper pasta recipe a few weeks back, this will be super easy to follow and will be a guide to making your own vegan pasta masterpieces. Keep in mind, in order for it to have an autumn aesthetic you will need seasonal pasta! I got mine from Trader Joe's, not only is it pumpkin shaped but it's made with butternut squash! Yummy and nutrient dense!!

This is a very versatile dish you can alter ingredient wise - depending on what you have at home or access to! There are many components to this dish that can be substituted for other ingredients, such as; the vegan sausage can be replaced with vegan meatballs, vegan breaded or grilled chick'n, vegan chop meat, ground mushrooms, or scrambled tofu. Please keep in mind, there may be alternate cooking methods involved for each of these mentioned alternatives. You can also choose different veggies to use or add into the mix. Some other vegetable options are tomatoes, squash, zucchini, broccoli, spinach, kale, eggplant, potatoes &/or mushrooms, just to name a few.

My best advice for preparing these pastas with leftovers in mind; if you are cooking larger amounts of food to store away as leftovers, it is important to keep components of the dish separate for best storage. Depending on what vegan meat product you use you may want to store separately so it does not soak up the sauce - same thing applies for the

Autumn Pasta

pasta which will soak up the moisture from the sauce too. This recipe makes at least 4-5 servings! It is super filling and has a great balance of carbs, protein and healthy fats.

Ingredients

1 lb of Pasta - I tried Trader Joe's Fall Zucchette Pasta

Avocado oil spray

Veggies - I used 1 yellow onion, bell peppers, and garlic

Vegan meat - I had Trader Joe's Italian sausage

Seasonings - salt, pepper, oregano, parsley, rosemary (herbs can be dried or fresh)

1 can of Tomato paste

Vegan parmesan cheese

Autumn Pasta



Start by boiling a pot of water and adding a bit of salt. While the pot of water boils for the pasta, start grabbing the remaining ingredients. You will need to rinse your veggies, set out a cutting board and knife, and peel your garlic and onion. This pasta dish is dense with veggies! If you have a compost bin please set aside the abundant scraps or save to make homemade veggie broth! (a recipe I will put out next week..)

The veggies that take the longest to cook should go into the pan first, as they will need more time to soften. Keep in mind potatoes, broccoli, peppers, and onions all take

Autumn Pasta

longer to cook than tomatoes, spinach, garlic, etc. Also - the smaller you chop your veggies the quicker they will cook. Once you get all your veggies chopped and cooked on the pan, with some avocado oil spray, add some seasonings/herbs such as salt, pepper, oregano, and parsley. Whatever seasonings or herbs -whether dried or fresh- work! SO use up what you have in your pantry, fridge or garden.

While you cook your veggies, on a separate pan heat up a generous spray of avocado oil. Once the pan is a bit heated add your vegan meat substitute; you can use anything you have or want! I had a pack of Trader Joe's Italian vegan sausage -as sausage is one of my favorite vegan substitutes to incorporate in my cooking. Some other great options in place of sausage could be vegan ground beef, vegan breaded or grilled chick'n, plant-based meatballs, scrambled and seasoned tofu, chickpeas, or ground mushrooms. These are just a few to mention! I hope you adventure out and try something new in your kitchen after reading this recipe - please share with us if you do!

Back to cooking; now that you have your water boiling and your veggies and meat substitutes on the stove, please add your pasta into the boiling water if you have not already! Remember to time your pasta so it does not over cook. Keep turning your veggies and meat substitutes, as you do not want to burn these either! Once it's time to strain the pasta, set aside a small bowl of pasta water, and then strain the excess water into the sink. Immediately get the empty pot onto the stove and put in your reserved pasta water, 1 can of tomato paste, and cloves of garlic, and heat over medium with any seasonings you desire. By now your veggies may be softened. There are two ways to go about this aspect of the dish; you can either contribute some of the veggies you just cooked down into this pasta sauce or you can make the sauce simple and just from tomato paste, garlic, and pasta water -it is up to you! Either way you must emulsify the sauce. Do this safely over the heat, careful to not spill or splatter the contents you are now blending into sauce. I had added about half of my veggies into the sauce, saving the other half to keep solid and I added them to my sausage to mix the flavors a bit. Once your sauce is smooth, check on your other pans. By now all the food may be done getting cooked & it may be time to make a plate! I recommend starting with pasta, a layer of sauce and then top with your remaining veggies (if you have some aside still) and your meat substitute. Top with a generous layer of vegan parm & enjoy!