

Roasted Red Pepper Pasta

<https://minimalistbaker.com/vegan-roasted-red-pepper-pasta-gf/>

Serves 4 PREP 15 min COOK 30 min

INGREDIENTS

- 2 (~119 g each) red bell peppers (or use jarred roasted peppers)
- 2 tablespoons olive oil, water or broth (**see NOTES below**)
- 2 medium shallots or 1 medium onion (finely chopped)
- 4 cloves garlic (finely chopped)
- Sea salt and ground black pepper to taste
- 1 ½ cups unsweetened plant milk
- 2 tablespoons nutritional yeast (more to taste)
- 1 ½ tablespoons cornstarch or arrowroot powder (or other thickener of choice)
- 1 pinch red pepper flake (optional, for heat)
- 12 ounces linguine, spaghetti noodles or other noodle of choice



INSTRUCTIONS

1. Heat oven to 500 F (260 C) and roast red peppers on a baking sheet until charred – about 25-30 minutes. Cover in foil for 10 minutes to steam, then remove (peel away) charred skin, seeds and stems. Set aside. Or if using jarred roasted red peppers, rinse, pat dry and set aside.
2. Cook pasta according to package instructions; drain, cover with a towel and set aside.
3. While red peppers are roasting, sauté shallots and garlic until golden brown and soft – about 4-5 minutes. Season with a generous pinch of salt and pepper and stir. Remove from heat and set aside.
4. Transfer sautéed shallot and garlic to a blender (or use immersion blender) with roasted peppers, plant milk, red pepper flake, nutritional yeast and cornstarch. Add salt, pepper, and red pepper flakes to taste.
5. Blend until creamy and smooth, taste and adjust seasonings as needed, adding more salt and pepper or nutritional yeast for flavor.
6. Once blended, place sauce back in the skillet over medium heat to thicken. Once it reaches a simmer, reduce heat to low and continue simmering.
7. Once sauce is thickened to desired consistency, add noodles and toss to coat.
8. Serve with fresh chopped parsley or basil.

T's NOTES:

- For a lower-fat version, use water or broth (vs. oil) to saute