

Pasta. Most of us won't debate it's the ultimate comfort food, especially when layered with our favorite sauce or pesto.

However, many traditional pastas made with grains or gluten can leave some of us feeling bloated; and not to mention, many are also created with genetically modified wheat and corn whose long-term side effects on humans are still unknown.

Luckily, several alternative pastas made with beans and bean flours have hit the market, giving us the opportunity to indulge in pasta, without the guilt or unwanted side effects. This recipe uses pasta made with chickpeas, submerged in a slightly spicy tomato sauce and infused with our antioxidant-rich avocado oil.

Spicy Tomato Chickpea Pasta

Prep time: 10 minutes

Total time: 35 minutes

Serves: 4-5

Ingredients:

2 tbsp Ava Jane Avocado Oil

1 medium yellow onion, diced

3 large garlic cloves, peeled and chopped

1 tbsp smoked paprika

¼ - ½ tsp red pepper flakes (more or less to taste)

2 cups tomato puree

12 ounces dry chickpea pasta

Sea salt and pepper to taste

a small handful fresh cilantro or basil, for garnish

Instructions:

Fill a large saucepan with water, add dash of salt, and bring to a boil.

Warm 2 tablespoons avocado oil in a large skillet over medium heat until it simmers. Add onion and cook, stirring occasionally, until translucent and fragrant, about 10 minutes.

Add garlic, paprika, and pepper flakes, and cook, stirring, for about 1 minute.

Add the tomato puree and stir. Bring to a bare simmer, reduce the heat, and cook gently, stirring occasionally, until the sauce has thickened for roughly 10 minutes. Stir in salt and black pepper as desired.

Cook your chickpea pasta according to the package instructions until al dente. Drain well when finished. *Keep in mind many chickpea pastas can cook faster than regular pasta.

Add the pasta to the sauce and coat well before serving in bowls. Garnish with fresh herbs and, if desired, a vegan cheese or nuts.