

Mixed Vegetable Spaghetti

Serves 4-6 people

Ingredients

1 box of regular spaghetti, cooked per package instructions and set aside
1 can of sliced carrots, drained and rinsed
½ head of cauliflower, roasted
1 small red onion
3 cloves garlic, minced
1 medium red bell pepper, diced
2 pints sliced mushrooms
2 cans tomato sauce or pasta sauce
2 tsp italian seasoning
1 tbsp vegetable or olive oil
1 tsp salt
½ tsp black pepper

Method of Prep

1. In a large pot, add the cooking oil and turn heat to medium
2. Once the oil is hot, add mushrooms and cook until browned.
3. Add onion and bell pepper and cook until softened.
4. Add garlic, italian seasoning, salt and pepper, tomato sauce, cauliflower and carrots. Simmer for 15 minutes.
5. After 15 minutes turn off heat and add in pasta and toss with sauce until all noodles are completely coated with sauce.
6. Serve and enjoy