

Legume Pasta with Meat and Vegetables



Rediscover the classic meat macaroni with an innovative twist: legume pasta. This recipe, both delicious and nutritious, will satisfy both big and small appetites!

Preparation 15 min

Cooking 20 min

Servings 6

Nutrition Facts (per serving)

Calories 465

Fat 10

Carbohydrates 56

Fibre 11

Protein 38

Sodium 680

Ingredients

- 1 L (4 cups) of dry legume pasta
- 450 g (1 lb) of ground chicken (or turkey)
- 10 ml (2 tsp) of Worcestershire sauce
- 2 stalks of celery, diced
- 2 bell peppers, diced
- 1 onion, chopped

- 1 can (398 ml) of no-salt-added tomato sauce
- 398 ml (1 ½ cups) of marinara sauce
- 30 ml (2 tbsp) of Italian seasoning
- Pepper
- Parmesan, optional

Preparation

1. Cook the pasta according to the package instructions.
2. In a non-stick pan, sauté the meat with the Worcestershire sauce.
3. Add the vegetables and cook for an additional 5-8 minutes. Pepper to taste.
4. Once cooked, drain the pasta and add the tomato sauces directly to the pot. For the marinara sauce, measure the amount by adding it into the empty 398 ml tomato sauce can before adding it to the pot. Then incorporate the meat and vegetable mixture and the Italian seasoning. Garnish with Parmesan if desired.

Notes

Keeps for 3-5 days in the refrigerator in an airtight container.

Legume pasta is often found in the organic section of grocery stores, not in the regular pasta aisle.



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