

FIT n'FREE



CREAMY TOMATO BASIL LENTIL ROTINI

- 1 BAG FIT N' EASY RED LENTIL PASTA
- 1 TEASPOON OLIVE OIL
- 1/2 SMALL ONION, GRATED
- 2 GARLIC GLOVES, MINCED
- 6 OZ TOMATO PASTE
- 1 CUP WATER
- 1 TEASPOON SUGAR
- 1/2 TEASPOON SALT
- 1/4 TEASPOON ITALIAN SEASONING
- 1/2 CUP UNSWEETENED ALMOND MILK
- 1/2 CUP BASIL LEAVES
- CRUSHED RED PEPPER FLAKES (OPTIONAL)
- VEGAN PARMESAN CHEESE FOR GARNISH

BRING A LARGE POT OF WATER TO A ROLLING BOIL. SEASON WITH SALT. COOK PASTA ACCORDING TO PACKAGE DIRECTIONS. IN A LARGE SKILLET, HEAT OLIVE OIL OVER MEDIUM HEAT. ADD IN GRATED ONION AND MINCED GARLIC. COOK UNTIL SOFTENED AND FRAGRANT, ABOUT 3-4 MINUTES. ADD TOMATO PASTE, COOK 1 MINUTE. ADD WATER, SUGAR, SALT, AND ITALIAN SEASONING. STIR UNTIL COMBINED. BRING TO A BOIL AND REDUCE TO A SIMMER. COOK FOR 15 MINUTES, STIRRING OCCASIONALLY. IF NEEDED, ADD A LITTLE BIT MORE WATER. SEASON TO TASTE WITH SALT AND SUGAR. REMOVE FROM HEAT AND ADD IN ALMOND MILK AND BASIL. TOSS UNTIL BASIL IS WILTED. SERVE SAUCE OVER ROTINI. GARNISH WITH GRATED CHEESE.

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