

Blow your MIND! Tomato Basil Pasta! - No Straining, just Stirring

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Pasta, Tomatoes, Veggie Broth, Olive Oil, and Seasonings (details below)

Throw it all in the pot, INCLUDING the uncooked Pasta, and cook! - Bring it to a boil, then reduce to a simmer. The starch leaches out of the pasta and makes a rich, warm sauce for the noodles. The other ingredients cook right along with the pasta

Ingredients

12 ounces pasta (I used Linguine)

1 can (15 ounces) diced tomatoes with liquid (I used zesty red pepper flavor)

1 large sweet onion, cut in julienne strips

4 cloves garlic, thinly sliced

1/2 teaspoon red pepper flakes

2 teaspoons dried oregano leaves

2 large sprigs basil, chopped

4 1/2 cups vegetable broth (regular broth and NOT low sodium)

2 tablespoons extra virgin olive oil

Parmesan cheese for garnish

1#

1 can + 1 can rotel

48 oz

Directions

Place pasta, tomatoes, onion, garlic, basil, in a large stock pot. Pour in vegetable broth. Sprinkle on top the pepper flakes and oregano. Drizzle top with oil.

Cover pot and bring to a boil. Reduce to a low simmer and keep covered and cook for about 10 minutes, stirring every 2 minutes or so. Cook until almost all liquid has evaporated - I left about an inch of liquid in the bottom of the pot - but you can reduce as desired.

Season to taste with salt and pepper, stirring pasta several times to distribute the liquid in the bottom of the pot. Serve garnished with Parmesan cheese.

Simply The Best You...Healthy and Happy