

Vegetarian Harvest Pasta

Yield: 24 servings

| Ingredients | Measure | | Nutrition per Serving | |
|--|---------------------------|--|-----------------------|-----|
| | 24 - ¾ cup | | | |
| Olive oil | 2 oz (¼ cup) | | Calories | 310 |
| Chopped onions | 1 1/3 lb (3 cups) | | Total Fat g | 6 |
| Chopped carrots | 1 lb (3 cups) | | Saturated Fat g | 1 |
| Chopped red bell peppers | 1¼ lb (3 cups) | | Cholesterol mg | 0 |
| Minced garlic | 2 Tbsp | | Sodium mg | 75 |
| Rubbed sage | 1 Tbsp | | Carbohydrate g | 53 |
| Water | 1½ quarts | | Fiber g | 3 |
| Med-Diet® Low Sodium Cream Soup Base | 8½ oz (1¾ cups) | | Sugar g | 8 |
| Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix | ½ oz (1 Tbsp) | | Protein g | 9 |
| Frozen broccoli, thawed | 12 oz (3 cups) | | | |
| Ground black pepper | to taste | | | |
| Cooked linguine or spaghetti | 3 lb dry (18 cups cooked) | | | |
| Freshly shredded Parmesan cheese | as desired | | | |
| Chopped fresh parsley leaves | as desired | | | |

Preparation

1. In large saucepan, heat oil. Add onions, carrots, bell peppers, garlic and sage; sauté until vegetables are tender.
2. Add water, soup base and broth mix; whisk until blended.
3. Add broccoli to saucepan; cook and stir until sauce is thickened and 165°F. Season with black pepper.
4. For each serving, toss together 2 oz vegetable sauce and ¾ cup cooked linguine. Sprinkle with cheese and parsley. Serve immediately.

Product Information

| Product | Case Pack | Yield | Product Code |
|---|-----------|----------|--------------|
| Med-Diet® Low Sodium Cream Soup Base | 6 – 14 oz | 6 gal | 2192045 |
| Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix | 6 – 16 oz | 35.1 gal | 2192623 |