

# Pasta Primavera

**Prep Time:**

30 Minutes

**Cook Time:**

20 Minutes

**Difficulty:**

Easy

**Servings:**

4



## Ingredients

- 1 cup Bite-sized Broccoli Pieces (up To 1 1/2 Cups)
- 1/2 whole Onion, Diced Finely
- 3 cloves To 4 Cloves Garlic, Chopped Finely
- 2 whole Medium To Large Carrots, Sliced On The Bias (diagonally)
- 2 whole Medium Zucchini, Sliced On The Bias (diagonally)
- 1 whole Medium Yellow Squash (optional)
- 1 container (about 5 Oz.) White Button Or Baby Porcini Mushrooms, Roughly Sliced
- 1 whole Red Bell Pepper, Sliced Into Strips
- 4 Tablespoons Butter
- 2 Tablespoons Olive Oil
- 1 pound rice Pasta (I Like Penne)
- FOR THE SAUCE:
- 2 cups Vegetable Broth
- 1/2 cup Grated Parmesan Cheese (optional)
- 5 leaves Basil (or More To Taste), Plus Extra For Garnish
- 1/2 cup Frozen Peas

## Preparation Instructions

First, prep the vegetables. Chop the broccoli into bite-sized pieces, about 1 to 1 ½ cups worth. Dice half a yellow onion. Chop 3 to 4 cloves of garlic. Slice carrots on the bias (diagonally), and do the same for the zucchini and yellow squash. Roughly slice the mushrooms and slice the red pepper (seeded) into strips.

Heat 2 tablespoons butter with 2 tablespoons olive oil in a skillet over medium-high heat. Add the chopped onion and garlic together and cook for a minute or two, until they start to turn translucent. Then throw in the broccoli. Stir, and add in the carrots.

Stir it around, and PLEASE, PLEASE cook it for only a minute, tops. Transfer the mixture to a plate. Add in the red pepper strips to the skillet. Stir them around for a minute or so, then transfer them to the plate.

Add rice pasta to slightly salted boiling water and cook to al dente.

Add a tablespoon of butter to the skillet. Add squash and zucchini, cook for less than a minute, then transfer to plate. Cook mushrooms for a minute or two (add salt to taste), and again transfer to the plate.

FOR THE SAUCE

To make the sauce, pour vegetable broth into a skillet, a tablespoon of butter and scrape the bottom of the skillet to pull up the flavor left behind by the veggie cooking. Cook for 1 to 2 minutes until the liquid starts to thicken.

Optionally, measure out ½ cup grated Parmesan; add to the skillet. Add salt and pepper to taste.

Chiffonade 5 to 6 fresh basil leaves and add that to the sauce; stir.

Dump veggies and mushrooms into the sauce along with ½ cup frozen peas right out of the freezer.

Add rice pasta al dente and stir. If the sauce seems a little thick, or if there doesn't seem to be enough sauce, add a good splash of vegetable broth. Optionally, top with more Parmesan, salt, pepper, and basil to taste.