

Veggie Bowtie Pasta

Ingredients

- 2 cups uncooked farfalle (bowtie) pasta
- 2 tablespoons extra virgin olive oil
- 1/2 cup diced onions
- 1 cup red bell peppers (frozen)
- 1/2 cup corn (canned) or mixed frozen veg (frozen)
- 1 can (15 oz) garbanzo beans
- 1/4 cup vegetable broth
(add 1/2 tsp Better than Bouillon to 1/4 cup water)
- 1-2 tablespoon lemon juice
- 1/2 teaspoon salt, divided
- Black pepper and/or red pepper flakes to taste



Directions

1. Cook pasta according to package directions and drain.
2. Add olive oil to large skillet over medium heat. Add onions, bell peppers, and corn. Sprinkle with half the salt and cook for 5 minutes, stirring occasionally until onions are translucent. Add beans.
3. Add vegetable broth, cook another 3 minutes. Toss in cooked pasta.
4. Sprinkle in lemon juice. Salt and pepper to taste.

Other veggies you can swap or add: tomatoes, broccoli, zucchini

Other herbs to add: garlic, basil

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