Creamy White Bean and Tomato Pasta (vegan)
Serves 2-3
8 oz Dried pasta- such as spaghetti, cooked according to package, water reserved
Olive oil
1/2 onion, diced
4 cloves of minced garlic
1 carrot, finely chopped
1 tsp dried basil or 1 tablespoon fresh
dried rosemary or 1 tablespoon fresh
1 14 oz can cannellini beans or great northern, drained
1 14 oz can crushed or diced tomatoes
2-3 Tbsp nutritional yeast or parmesan cheese, more for garnish/serving
Salt & pepper to taste

1. Heat oil in a large saute pan over medium-high heat.
2. Saute onion, garlic, and carrot, just until onions turn translucent.
3. Add basil and rosemary into pan and cook for 30 seconds.
4. Add beans and tomatoes into the pan and cook for 5-10 minutes, mix in nutritional yeast.
5. Using a handheld immersion blender or food processor, blend tomato and bean mixture until creamy.
6. Add pasta into the sauce, adding some reserved pasta water to thin out the sauce if needed. Taste and season with more salt and pepper if desired. Serve with extra nutritional yeast or parmesan cheese.