

# Green Apple

EVENTS & CATERING

## October Recipe of the Month



### Creamy Pumpkin Bow Tie Pasta

Yield: 6 servings

#### INGREDIENTS

- 3 cups Button Mushrooms thinly sliced
- 2 tsp coconut oil
- ¼ cup onions, finely chopped
- 2 Cloves garlic crushed
- 1 tsp Ginger Crushed, optional
- ½ cup Tomato Sauce
- ¼ cup Pumpkin puree
- ½ cup Coconut milk
- 1 tsp Dried oregano
- 1 tsp Dried parsley
- 1 tsp Dried basil, optional
- 3 tsp Sea salt
- 1 ½ cup water
- 1 tsp Freshly ground pepper
- 2 cups Bow Tie Pasta

## INSTRUCTIONS

1. For the Pasta: fill a 5-quart pot 3/4 full of cold water and bring the water to a rolling boil over high heat. Add 1 tbsp. of sea salt to the boiling water. Pour the bow tie pasta into the salted, boiling water. Stir the pasta with a long-handled spoon to prevent it from sticking to the pan. Drain thoroughly and return to the pot. Set aside.
2. While the pasta cooks, heat the coconut oil on medium-high pan until hot.
3. Add the onions and let them caramelize.
4. Add the garlic and let it brown.
5. In a medium saucepan, add the olive oil and allow it to heat.
6. Add the crushed garlic and ginger.
7. Sautee for 30 more seconds and then add the mushrooms.
8. Cook the mushrooms well for about 10 minutes on medium heat until they are softened, stirring frequently
9. When the mushrooms have shrunk to half their size, turn up the heat slightly and let the mushrooms to crisp a little.
10. Add the tomato sauce, onions, spices, salt and pepper.
11. Mix well and let it cook until most of the tomato sauce has evaporated. The mixture should be almost dry.
12. Add the pumpkin puree, water and coconut milk. Mix well.
13. Feel free to add nuts like pistachio or pecans.
14. Heat for about 5 more minutes and then turn off the heat.
15. Serve over the pasta.