

# Memories of Tuscany Veggie Bolognese

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1 large white onion, chopped
- 4 carrots, chopped
- 3-4 garlic cloves, chopped
- 1 lb organic ground beef
- 1 sweet pepper, chopped
- 2 (28oz) cans whole organic tomatoes\*
- 1 can organic tomato paste 5.5oz
- 1-2 tbsp extra-virgin olive oil or coconut oil
- 2 tbsp organic dried Italian seasoning
- Sea salt and pepper to taste
- 1 cup broccoli florets
- 1 box Chickapea pasta (227g)

## Instructions:

1. In a large sauce pan, sauté the onions and carrots for a few minutes in extra-virgin olive oil or coconut oil. Add half of the garlic and sauté for one minute.
2. Add the ground beef and cook until almost brown.
3. Add the sweet bell pepper, tomatoes and tomato paste. You can drain the whole tomatoes if you like, but you can just cook down the sauce if want it to be thicker. If you're using whole tomatoes, break them up a bit with the spoon.
4. Add the seasonings - italian herbs, sea salt and pepper.
5. Lastly, add the broccoli florets about 4-5 minutes before serving to prevent overcooking. Add the rest of the fresh garlic.
6. In a large pot on the stove, boil water and add a whole package of Chickapea Pasta.
7. Combine pasta with desired amount of sauce.

## Notes:

Makes 4-6 servings. \*You could also make your own pasta sauce! Here is a recipe that we love: <https://www.joyoushealth.com/27143-blog-fresh-homemade-tomato-sauce> This pasta sauce tastes EVEN better the day after so I highly recommend you make a double batch.