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# White Bean Pasta Sauce

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1 1/2 cups white beans

Soak overnight. Cook in fresh water until soft and falling apart. Drain. Set aside.

Heat heavy bottomed sauce pan to medium heat. Add to saucepan:

1/4 cup olive oil

2 red onions, medium-large, dice into small pieces

2 bell peppers (yellow, orange or red), dice into small pieces

Sauté on medium for about 10 minutes. Do not let them get brown. If they start to turn brown, the heat is too high.

9 cloves garlic. Crushed, peeled and minced finely

2 jalapeño peppers, remove seeds, mince finely (or use 1/4 tsp. cayenne pepper)

Turn heat to medium low. Add garlic and jalapeños to onions and peppers. Sauté for about 10 more minutes. Do not cook on high heat, as it will burn. Add:

1 can (28 oz) crushed tomatoes. (Muir Glen or Bionature are [BPA-free](#))

4 cups original soy milk

1 Tablespoon dried oregano (or fresh—3 Tablespoons)

1/2 teaspoon freshly ground black pepper

1/8 tsp. cinnamon

pinch nutmeg

1 Bay leaf

The cooked white beans from step 1 of the recipe

Add the above to the sautéed vegetables. Blend until smooth with a submersible blender. Bring to a slight boil, turn heat to low. Simmer for an hour if you can (covered), stirring the bottom every so often. Add :

1 Tablespoon salt

1 package fresh basil (or 2 teaspoons dried, but try really hard to get fresh basil)

Taste for salt. Serve with pasta, radiatore is a nice shape to help absorb the thick sauce.

Recipe is enough for 2 lbs. of pasta.

[For more vegan recipes, see www.truthaboutnursing.org/vegan](http://www.truthaboutnursing.org/vegan)

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