

Vegetarian Harvest Pasta

Yield: 24 servings

Ingredients	Measure		Nutrition per Serving	
	24 - ¾ cup			
Olive oil	2 oz (¼ cup)		Calories	310
Chopped onions	1 1/3 lb (3 cups)		Total Fat g	6
Chopped carrots	1 lb (3 cups)		Saturated Fat g	1
Chopped red bell peppers	1¼ lb (3 cups)		Cholesterol mg	0
Minced garlic	2 Tbsp		Sodium mg	75
Rubbed sage	1 Tbsp		Carbohydrate g	53
Water	1½ quarts		Fiber g	3
Med-Diet® Low Sodium Cream Soup Base	8½ oz (1¾ cups)		Sugar g	8
Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix	½ oz (1 Tbsp)		Protein g	9
Frozen broccoli, thawed	12 oz (3 cups)			
Ground black pepper	to taste			
Cooked linguine or spaghetti	3 lb dry (18 cups cooked)			
Freshly shredded Parmesan cheese	as desired			
Chopped fresh parsley leaves	as desired			

Preparation

1. In large saucepan, heat oil. Add onions, carrots, bell peppers, garlic and sage; sauté until vegetables are tender.
2. Add water, soup base and broth mix; whisk until blended.
3. Add broccoli to saucepan; cook and stir until sauce is thickened and 165°F. Season with black pepper.
4. For each serving, toss together 2 oz vegetable sauce and ¾ cup cooked linguine. Sprinkle with cheese and parsley. Serve immediately.

Product Information

Product	Case Pack	Yield	Product Code
Med-Diet® Low Sodium Cream Soup Base	6 – 14 oz	6 gal	K9212
Med-Diet® Low Sodium Vegetarian Vegetable Broth Mix	6 – 16 oz	35.1 gal	K9208