



a better world begins on your plate

plant-based
eating ANIMAL PROTECTION
OF NEW MEXICO

Pumpkin Pasta



While this flavor-packed creamy pasta can be enjoyed year-round, it is especially enjoyable during fall when pumpkin spice is all around.

Serve with warm bread and a green vegetable for a satisfying meal. Experiment with your own additions to the pasta such as roasted red peppers.

- 1 ½ Tbsp Vegan Butter
- 2 cloves Garlic, minced
- 15 oz can Pumpkin Puree
- 13 oz can Coconut Milk
- ¾ tsp Smoked Paprika
- ¾ tsp Salt
- ~1 lb Pasta

1. Cook the pasta according to directions on the package.
2. In a large saucepan, melt the vegan butter over medium heat. Add the garlic and sauté for about 2 minutes.
3. Stir in the pumpkin purée, coconut milk, paprika and salt. Reduce heat to medium-low and simmer for 5 to 10 minutes, or until the sauce has thickened.
4. Drain and rinse your pasta and combine it with the pumpkin cream sauce. Gently stir to thoroughly combine.

Adapted from: <https://runningonrealfood.com/vegan-penne-with-pumpkin-cream-sauce/>