

BROWN RICE PASTA WITH GARLICKY TOMATO SAUCE

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INGREDIENTS

20 MINUTES 4 SERVINGS

- 4 servings brown rice spaghetti
- 1 medium onion
- 28 oz. San Marzano whole tomatoes
- 4 tbsp. minced garlic
- 1/4 cup fresh basil
- Salt, to taste

TAGS

#easy #glutenfree #healthy #Italian #oilfree #vegan



1

Gather ingredients. Bring a large pot of water to a boil (for the pasta).



2

Peel and dice onion



3

Combine onion, garlic, and 1/2 cup water in a wide pan. Cover and sweat over medium-low heat, 5-7 minutes, until garlic is aromatic





4

Meanwhile, empty your canned tomatoes into a bowl and use your hands to crush.



5

Thinly chiffonade the basil.



6

When garlic is aromatic (but before the onions brown), you're ready for tomatoes.



7

Add the tomatoes and simmer, partially covered, over medium heat.



8

After the tomato sauce comes to a low boil, skim off any "foam". This is tannic and not delicious.



9

While sauce simmers, cook your pasta. Bring a large pot of water to a rolling boil and salt the water.





10

Follow cooking directions on the box of pasta. After 5 minutes or so, it should be "al dente".



11

Put pasta directly in the tomato sauce.



12

Add about 1/4-1/2 cup of the pasta water to the sauce. The starches in the water will help thicken the sauce.



13



14

When pasta is ready, turn off the heat and stir in the fresh basil. Taste to adjust seasoning.



15

Serve immediately

