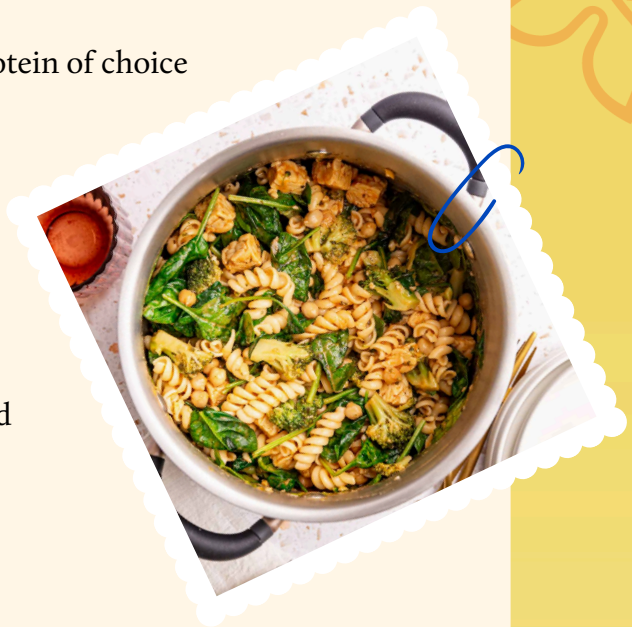
Vegan Creamy Spinach Pasta

by Elizabeth Varga Makes 4 servings

Ingredients

- 8 Ounces Short Pasta like rotini, penne, bowties, etc.; use a bean-based pasta for more protein
- 1 8 Ounce Block Tempeh or tofu or vegan protein of choice
- 3 Cups Fresh or Frozen Broccoli
- 6 Ounces Vegan Cream Cheese
- 2 Tablespoons Tomato Paste
- 3 Cloves Garlic minced
- 1 Tablespoon Dried Parsley
- ½ Teaspoon Salt
- 4 Cups Baby Spinach
- 1 15 Ounce Can Chickpeas, drained and rinsed



Directions

- Cook the pasta according to the package instructions. Reserve ¾ cups water. Drain and rinse with cold water. Set aside in the colander.
- To the pot you cooked the pasta in, add the tempeh, broccoli, cream cheese, tomato paste, garlic, parsley, and salt. Cook until the tempeh and broccoli are warmed. Add ¼-3/4 cup of pasta water to help cook.
- Add the spinach, pasta, and chickpeas. Toss until spinach is wilted and all ingredients are warmed through.
- Serve immediately.

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