



Mama Mia Pasta

(Serves 4)

Per serving: calories: 457; total fat: 3g; saturated fat: 0g; carbohydrate: 79g; protein: 28g; sodium: 744 mg.

Ingredients:

- 11 ounces uncooked red lentil pasta (available online and in some natural grocers)
- 2 ⅔ cups diced canned tomatoes and juice
- 2 cups tomato sauce
- 1 cup Great Northern beans
- 2 teaspoons dried oregano
- 2 teaspoons granulated garlic
- 2 teaspoons dried basil
- 1 teaspoons salt
- 1 tablespoon sugar
- 1 teaspoon parsley
- 1/2 teaspoon black pepper

Directions:

1. Prepare red lentil pasta according to package instructions.
2. Stir all ingredients except for pasta together in a saucepan.
3. Divide cooked pasta among four plates. Using ladle, pour marinara sauce over cooked pasta. Serve with salad and whole-grain bread, if desired.

Recipe provided by Paloma Perez, printed in *All Animals* magazine, Nov/Dec 2016 issue, humanesociety.org/allanimals.