

Vegan Florentine Pesto

Submitted by Michelle Broussard-Hanes

Ingredients:

Part #1:

- 2 small Vidalia onions
- 1 frozen pkg of Whole Leaf Spinach (not chopped!)
- 2 packets Herbal “*Chicken flavored*” Salt Free Herb Ox Broth
- $\frac{3}{4}$ cup of water
- $\frac{1}{2}$ cup of soy milk
- 1 tsp of flour (as a thickening agent)
- Low salt or Salt Free seasoning of your choice

Part #2:

- 2-3 TBSP soy milk
- $\frac{1}{2}$ - whole jar of Trader Joe’s Roasted Red Pepper & Artichoke Tapenade
- Tubular pasta: Rigati, Penne or Ziti

Directions:

Start boiling pasta (Cook pasta according to box directions).

Remove frozen spinach from package and microwave for 5-6 minutes.

In a large saucepan, bring the $\frac{3}{4}$ cup of water to a boil. Chop onions. Once water is hot, stir in the Herbal “chicken flavored” broth granules until smooth and lower heat just a bit. Add the onions and stir constantly until they turn translucent. Once onions are translucent, then add the $\frac{1}{2}$ cup of soy milk and thoroughly blend. Sprinkle flour over contents of saucepan and use a whisk to incorporate throughout base. Cook on a lower flame for a few minutes. ****Add ONLY low salt or salt free seasoning at this stage**** Allow to cool for a few minutes while you now turn to the spinach aspect of the recipe.

Place microwaved spinach in a colander and run water over it to remove the sometimes bitter taste. Squeeze out excess water, and then pat dry on a paper towel until you are convinced it is as dry as you can get it. Transfer spinach into a food processor. Blend for a minute. Add the “creamy base” from the saucepan to the food processor and blend for about 2-3 minutes. Scrap down the sides and pulse a few more times.

Transfer to a large bowl and gently fold in the Trader Joe’s Roasted Red Pepper & Artichoke Tapenade. Stir well. This will add color and taste. Sample at this point and see if you need to add salt. Add tubular pasta. Enjoy!

“Fasting is the Foundation of all Virtues”