

## 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”*