

Black Bean Pasta with Hemp and Chia Marinara

**YIELD: 8 SERVINGS
(ABOUT 4 CUPS)**

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic and swap onion for green part of green onions or chives

INGREDIENTS

- 1 Tbsp avocado oil
- ½ cup onion, small dice
- ¼ cup carrot, small dice
- ¼ cup celery, small dice
- 1 clove garlic, minced
- 2 tsp Italian seasoning
- 1 pinch red pepper flakes
- 1 oz tomato paste
- 8 oz lean ground beef (preferably organic)
- 1 tsp salt, kosher
- 3 Tbsp nutritional yeast
- 3 Tbsp chia seeds
- 3 Tbsp hemp hearts
- 2 cups tomato purée
- 1 cup diced tomatoes, fresh or stewed
- 8 oz dry black bean pasta, cooked

DIRECTIONS

1. Heat the avocado oil (1 Tbsp) over a medium flame in a saucepan.
2. Add the onion (½ cup), carrot (¼ cup), and celery (¼ cup), and sauté while stirring every minute or two. Do not stir constantly or the caramelization will not occur.
3. Adjust your heat so the vegetables slowly caramelize and turn brown. This should take about 15 minutes. If your pan browns too quickly, reduce the heat, and stir in a few drops of water to deglaze your pan.
4. Add the garlic (1 clove), Italian seasoning (2 tsp), pepper flakes (1 pinch), and tomato paste (1 oz), and cook for another five minutes or until the tomato paste slightly darkens.
5. Add the ground beef (8 oz). Cook while breaking apart for about five more minutes or until the beef has browned.
6. Add the salt (1 tsp), nutritional yeast (3 Tbsp), chia seeds (3 Tbsp), hemp hearts (3 Tbsp), tomato purée (2 cups), and tomatoes (1 cup).
7. Bring up to a simmer. Cook for at least 15 minutes. The longer you simmer the sauce, the better the flavors will blend.
8. Serve 4 oz of sauce over one cup of cooked black bean pasta.



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NUTRITION FACTS

Serving size 1 (6.5oz)

Amount Per Serving	186g
Calories	228
	% Daily Value
Total Fat 10.4g	16%
Saturated Fat 2.6g	13%
Cholesterol 35mg	12%
Sodium 480mg	20%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	23%
Sugars 6g	
Protein 14g	28%
Vitamin A	26%
Vitamin C	19%
Calcium	10%
Iron	21%