



Black Bean Pasta with Hemp and Chia Marinara

RECIPE CUSTOMIZATION

To make it FODMAP friendly, swap out the onion for 1/2 cup green part of green onion sliced, omit the garlic, swap out the black bean pasta for a chickpea pasta - only eat 1 cup pasta for one serving to remain low-FODMAP

YIELD: 8 SERVINGS

Gluten-free

Dairy-free

INGREDIENTS

- 1 Tbsp avocado oil
- ½ cup onion, small dice
- ¼ cup carrot, small dice
- ¼ cup celery, small dice
- 1 cloves garlic, minced
- 2 tsp italian seasoning
- 1 pinch red pepper flakes
- 2 Tbsp tomato paste
- 8 ounces lean ground beef (or turkey or chicken, or omit)
- 1 tsp salt, Kosher
- 3 Tbsp nutritional yeast
- 3 Tbsp chia seeds
- 3 Tbsp hemp hearts
- 15 oz tomato puree
- 1 cup diced tomatoes, fresh or stewed
- 8 oz dry black bean pasta, cooked

DIRECTIONS

1. Heat the avocado oil over a medium flame in a sauce pan. Add the onion, carrot and celery and sauté while stirring every minute or two. Do not stir constantly or the caramelization will not occur. 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.
2. Add the garlic, Italian seasoning, pepper flakes and tomato paste and cook for another 5 minutes or until the tomato paste slightly darkens.
3. Add the ground beef and cook while breaking apart for about 5 more minutes or until the beef has browned.
4. Add the salt, nutritional yeast, chia seeds, hemp hearts, tomato puree and tomatoes. Bring up to a simmer and cook for at least 15 minutes. The longer you simmer the sauce, the better the flavors will blend.
5. Serve 4 ounces of sauce over one cup of cooked black bean pasta.

Dietitian tip: Black bean pasta is a great option because it's higher in protein and fiber than other pasta varieties. Remember - protein and fiber are key for balancing blood sugar.



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NUTRITION FACTS

Serving size 1 (5.8oz)

Amount Per Serving	165g
Calories	205
	% Daily Value
Total Fat 9g	14%
Saturated Fat 1.9g	10%
Cholesterol 37mg	12%
Sodium 607mg	25%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 14g	27%
Vitamin A	23%
Vitamin C	17%
Calcium	7%
Iron	18%

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