

# Vegan Broccoli Pasta Sauce

by Elizabeth Varga

Makes 6 servings

## Ingredients

3 Cups Broccoli Florets (fresh or frozen)  
½ Small Yellow Onion roughly chopped  
6 Cloves Garlic minced  
1 Pound Rotini or Penne Pasta (I used a bean-based pasta)  
½ Cup Pasta Water  
3 Cups Fresh Spinach  
¾ Cup Vegan Cream Cheese  
¼ Cup Nutritional Yeast  
½ Ounce Fresh Basil Leaves (50 leaves)  
Juice of 1 Lemon  
1 Teaspoon Salt  
½ Teaspoon Black Pepper  
½ Teaspoon Red Pepper Flakes  
2 Cups Frozen Shelled Edamame  
Julienned fresh basil for garnish  
Red Pepper Flakes for garnish



## Directions

- Bring a large pot of salted water to a boil.
- Add the broccoli, onion, and garlic to a large skillet. Cook until softened, about 10 minutes.
- Add the pasta to the pot of water and cook until just al dente - the noodles will cook more when added back to the skillet. Reserve 1 cup of the pasta water from the pasta then drain and rinse the noodles.
- Stir in ¾ cups of the reserved pasta water, spinach, cream cheese, nutritional yeast, basil leaves, lemon juice, salt, red pepper flakes, and pepper into the broccoli mixture. Cook 5-7 minutes, until the spinach is wilted and a sauce forms. Add the remaining ¼ cup of pasta water if there is not much liquid.
- Transfer the mixture to a high-speed blender and blend on high until smooth.
- Pour the sauce back in the skillet and add the pasta and edamame. Cook on medium heat for 3-5 minutes.
- Garnish with fresh basil and red pepper flakes.

Visit [CatholicMom.com](http://CatholicMom.com) for more Meatless Friday recipes



**Catholic Mom**  
HOLY CROSS  
FAMILY MINISTRIES