



Recipe Category / Pasta

Black bean Bolognese pasta

15'
Hands on

10'
Cook Time

2
Portion(s)

1
Difficulty



Ingredients

- 200 g black beans, boiled
- 1 onion
- 1 carrot
- 1 stick(s) celery
- 1 clove(s) of garlic
- 2 tablespoon(s) olive oil
- 1 tablespoon(s) tomato paste
- 1 bay leaf
- 400 g canned tomatoes
- salt
- pepper
- 200 g spaghetti

To serve

- 50 g parmesan cheese
- parsley, finely chopped

Method

- Beat the black beans in a food processor until they are completely ground.
- Finely chop the onion, the carrot, the celery, and the garlic.
- Heat the olive oil in a [pot](#) over medium heat.
- Sauté the onion, the carrot, and the celery for 3-4 minutes until they are slightly tender.
- Add the beans, the garlic, the tomato paste, and sauté for 1 more minute.
- Add the bay leaf, the canned tomatoes, salt, pepper, and boil for 10 minutes.
- Once the sauce thickens, remove the pot from the heat.
- In another pot with plenty of salted boiling water, add the spaghetti. Boil for 1 minute less than indicated on the packet's instructions, so it will be al dente.
- Once the pasta is ready, remove it from the heat and drain.
- Serve the spaghetti with the sauce and sprinkle, optionally, with grated parmesan and finely chopped parsley.

Διατροφικός πίνακας

Nutrition information per portion

745 Calories (kcal)	18.0 Total Fat (g)	2.7 Saturated Fat (g)	105.0 Total Carbs (g)
37%	26%	14%	40%
24.0 Sugars (g)	29.0 Protein (g)	20.0 Fibre (g)	1.3 Sodium (g)
27%	58%	80%	22%