

SPICY BROCCOLI RABE WITH GF BANZA PASTA

Makes 2 servings

Ingredients

2 bunches broccoli rabe, washed, end removed
and then roughly chopped
6 garlic cloves minced
1 TBS olive oil
1/2 C vegetable broth
2 TBS Trader Joes Chili Onion Crunch OR a pinch
of red pepper flakes
Salt to taste
1/3 C servings of your favorite pasta
Vegan or regular parmesan for garnishing (recipe in post)



Directions

1. Cook pasta and portion into bowls.
2. In a large sauté pan, heat olive oil over medium low and then add broccoli rabe. Stir to combine, turning the broccoli rabe every few minutes.
3. Add in broth to let the broccoli rabe steam, and keep turning with a spoon, until the broccoli rabe turns a bright green and starts to soften.
4. Stir in Chili Onion Sauce or red pepper flakes, and then add about 1/4 tsp of salt to start, adding more to taste if needed. Broccoli rabe is bitter so it needs salt.
5. Evenly portion into bowls and serve with Parmesan or Vegan Parmesan