

ANGELA MIA® NO SALT ADDED
SPAGHETTI SAUCE



Hearty Angel Hair Primavera

Tomato sauce simmered with fresh herbs, carrots and onion, served over angel hair pasta and topped with grilled chicken

ANGELA MIA® NO SALT ADDED
WHOLE PEELED TOMATOES



Harvest Vegetable Chili

Carrots, zucchini, squash, peppers, onions and chickpeas in a savory tomato sauce, garnished with shredded white cheddar cheese

Hearty Angel Hair Primavera

SERVES 2

INGREDIENTS

1 teaspoon	Olive oil
½ cup	Carrots, chopped
½ cup	Yellow onions, chopped
1 tablespoon	Parsley, fresh, finely chopped
1 tablespoon	Basil, fresh, finely chopped
2 cups	Angela Mia® No Salt Added Spaghetti Sauce
1 cup	Angel hair pasta, whole wheat, cooked
8 ounces (2 each)	Chicken breasts, boneless and skinless
1 tablespoon	Olive oil
1 tablespoon	Parmesan cheese

DIRECTIONS

1. Heat olive oil over medium heat in small saucepot. Add carrots and onions; sauté until onions are translucent, about 5-6 minutes.
2. Add chopped parsley and basil; stir in **Angela Mia® No Salt Added Spaghetti Sauce**. Simmer over low heat for 20 minutes.
3. Toss chicken in olive oil. Grill over medium flame for 4 minutes on each side or until cooked through.

To Make One Portion

Toss cooked angel hair pasta in sauce over low heat for 3 minutes. Serve pasta topped with grilled chicken and sprinkled with ½ tablespoon Parmesan cheese.

Harvest Vegetable Chili

SERVES 24

INGREDIENTS

¾ cup	Vegetable oil
6 cups	Carrots, peeled, cut in half horizontally, sliced into half-moons
6 cups	Zucchini, cut in half horizontally, sliced into half-moons
6 cups	Yellow squash, cut in half horizontally, sliced into half-moons
3 cups	Red bell peppers, diced
3 cups	Yellow bell peppers, diced
6 cups	Onions, peeled, diced
6 quarts	Angela Mia® No Salt Added Whole Peeled Tomatoes
4 cups	Chickpeas, canned, drained and rinsed
3 cups	Corn, frozen, thawed
6 teaspoons	Oregano, dried
6 teaspoons	Cumin, ground
6 tablespoons	Chili powder
2 tablespoons	Sugar, granulated
3 tablespoons	Salt
2 tablespoons	Black pepper, ground
3 quarts	Low-sodium vegetable stock
½ cup	White cheddar cheese, shredded

DIRECTIONS

1. Heat oil over medium heat in large stockpot or Dutch oven.
2. Add carrots, zucchini, squash, red and yellow bell peppers and onions. Sauté vegetables for 8-10 minutes or until tender and beginning to caramelize.
3. Add tomatoes, chickpeas, corn, oregano, cumin, chili powder, sugar, salt, black pepper and stock. Stir until combined.
4. Bring to simmer and reduce heat to low. Allow chili to simmer uncovered for 45 minutes, stirring occasionally.

To Make One Portion

Ladle 1 cup chili into warm bowl. Garnish with 1 teaspoon white cheddar cheese.

CHEF'S NOTE

This vegetarian chili can be turned into a heartier, meatier dish by adding 3 pounds of ground beef or turkey. Simply cook meat before caramelizing the vegetables.