

Sweet Potato Fettuccine (vegan, grain-free, refined sugar free)

Ingredients:

1 box “Just Taste” brand organic sweet potato noodles
3 onions
1 Tbsp fresh minced garlic
2 baskets of fresh mushrooms, sliced
2 tomatoes, diced
Olive oil for sauté
Himalaya salt to taste
Black pepper to taste
Oregano to taste

Instructions:

1. Sauté onions and garlic in olive oil until translucent. Add mushrooms and continue to sauté.
2. Once garlic, onion, mushrooms are golden, add the diced tomato and spices and sauté another 5 minutes.
3. In the meantime, prepare the pasta according to the directions on the box. (Basically, this is five minutes in boiling water.)
4. Mix the cooked pasta together with the sauteed vegetables and serve immediately with a fresh vegetable salad on the side 😊.

In health and yumminess,
Mindy