



Sweet Potato Pasta with a Creamy Sweet Potato Sauce

Recipe by physicalfoodie

Course: **Entrées**

Prep time
20 minutes

Cooking time
25 minutes

Total time
45 minutes

Pasta that isn't really pasta is my kind of dish. It's full of nutritious vegetables and no guilt. Plus, it's simple and quick to prepare.

Ingredients

- 1 box of pasta, I use [Veggiecraft Farms, Pasta Sweet Potato Penne](#), 8 ounce
- 1 large shallot, sliced thin
- 1 small container of baby bella mushrooms, sliced
- 1 ½ cups of frozen peas
- 2 tablespoons of extra virgin olive oil

For the sauce

- 1 medium sized sweet potato, cooked and peeled
- ½ cup almond milk, more or less depending on the size of the sweet potato
- 1 tablespoon of extra virgin olive oil
- ½ teaspoon garlic powder
- salt and pepper to taste

Directions

- 1 In a medium pot, cook pasta according to the directions on the box.
- 2 After pasta is cooked, drain and set aside.
- 3 Heat up a pan with 2 tablespoons of olive oil. Once oil is heated, add shallots and sauté for 2 minutes.
- 4 Next, add sliced mushrooms and sauté for 5 minutes.
- 5 Add in the frozen peas and continue to sauté for another 5 minutes.
- 6 Turn off heat, add pasta to the pan and set aside.

7 In a blender add all ingredients for the sauce and blend until creamy. Add more almond milk if needed.

8 When sauce is ready, mix into the pan with the pasta and vegetables and stir. Feel free to sprinkle parsley and cheese on top. Add salt and pepper to taste and enjoy!!

Notes

- If you can't find

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