



Makes 10 cups
Preparation Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 8-oz. package sliced fresh
button mushrooms

1 medium zucchini, quartered
lengthwise and cut into ½-inch
slices (8 oz.)

1 cup chopped carrots

1 cup chopped onion

4 cloves garlic, minced

½ cup dry white wine or low-
sodium vegetable broth

2 14.5-oz. cans no-salt-added
fire-roasted diced tomatoes,
undrained

¼ cup no-salt-added tomato
paste

1 teaspoon chopped fresh
rosemary

½ teaspoon chopped fresh sage

1 bay leaf

Sea salt and freshly ground
black pepper, to taste

8 oz. dried whole grain rotini
pasta

Nutritional yeast (optional)

Fresh rosemary (optional)

Vegetable Cacciatore with Rotini

Generous amounts of mushrooms, zucchini, and carrots add heartiness to this plant-based variation on a classic Italian dish. Thanks to the corkscrew shape of rotini pasta, the sauce clings especially well.

By Nancy Macklin, RDN

- 1 For sauce, in a large saucepan cook the first five ingredients (through garlic) over medium 7 minutes, stirring occasionally and adding white wine, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add any remaining wine and the next five ingredients (through bay leaf). Bring to boiling; reduce heat. Simmer, uncovered, 20 minutes or until sauce is thick, stirring occasionally. Season with salt and pepper. Remove bay leaf.
- 2 Meanwhile, cook rotini according to package directions; drain. Top with sauce and, if desired, sprinkle with nutritional yeast and/or additional fresh rosemary.