



Makes 20 ravioli
Preparation Time: 1 hours 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

1 cup whole spelt flour, plus more for dusting

2 tablespoons potato flour

1 teaspoon sea salt, plus more to taste

½ cup unsweetened, unflavored plant-based milk

1 cup finely chopped onion

1 lb. sweet potato, peeled and cut into ½-inch dice (2 cups)

6 cloves garlic, minced

1 teaspoon dried rosemary, crushed

2 cups finely chopped fresh kale leaves, ribs removed

1 tablespoon nutritional yeast

Freshly ground black pepper, to taste

2 tablespoons potato starch or cornstarch

4 cups purchased oil-free marinara sauce, warmed

Kale and Sweet Potato-Stuffed Vegan Ravioli

Homemade pasta is far superior to dry store-bought noodles, and this healthy ravioli recipe uses a combo of whole spelt flour and potato flour to create a delicious dough which transforms your meal into a fine dining experience. Kale and mashed [sweet potato](#) create a succulent, creamy filling that's totally dairy-free and infused with aromatic rosemary and cheesy nutritional yeast. While the prep work may take a little bit of time, the assembly of these cute ravioli squares is simple once you've set up a little assembly line. Fresh [pasta](#) only requires a quick dunk in boiling water to cook to tender perfection, which means you'll have a plate full of piping hot ravioli within no time. Top each serving with oil-free marinara sauce and a few basil leaves before digging into this scrumptious Italian dinner!

For more vegan pasta recipes, check out these tasty ideas:

- [Vegan Potato Gnocchi with Mushrooms and Greens](#)
- [Creamy Avocado-Kale Pasta](#)
- [Vegan Pimiento Cheesy Mac](#)
- [Vegan Spaghetti Marinara with Lentil Balls](#)

By Darshana Thacker Wendel

- 1 In a medium bowl whisk together spelt flour, potato flour, and 1 teaspoon salt. Add milk; knead just enough to form a ball of dough. (Don't overknead.) Cover dough with a clean, damp towel. Let rest 30 minutes.
- 2 For filling, in a large skillet combine onion, sweet potato, garlic, rosemary, and ¼ cup water. Cook over medium 10 minutes or until onion turns translucent. Add 1 to 2 tablespoons water, cover skillet, and cook 10 minutes more or until potato is tender, stirring frequently. Stir in kale; cook 5 to 7 minutes more or until kale wilts and any excess moisture is cooked off. Stir in nutritional yeast and season with salt and pepper. Remove from heat; mash filling with a potato masher. Set aside until cool enough to handle. Shape mixture into 20 balls using 1½ teaspoons filling per ball. Place balls on a platter.
- 3 Bring a large pot of water to boiling. Prepare an assembly line with a large cutting board dusted with spelt flour, a rolling pin, a bowl with the potato starch for dusting, a bowl of water, and a large tray dusted with spelt flour.
- 4 Knead dough on the prepared cutting board, adding more flour as needed to reduce stickiness. Divide dough into four portions and roll each into a ball.
- 5 Using a rolling pin, roll a dough ball into a long rectangle at least 4 inches wide and about the thickness of a lasagna noodle. Use a sharp knife or a pizza cutter to trim and straighten edges. Slice the rectangle into 4x2-inch strips. Repeat with remaining dough balls until you have 20 strips. Dust strips with potato starch to prevent sticking.

- 6 Place a ball of filling on one side of a strip, leaving a ½-inch margin on the three closest edges. Dip fingers in water to moisten dough around filling. Fold the opposite end of the strip over filling, matching the edges and pressing around filling to seal. Crimp edges with the tines of a fork. Place ravioli on flour-dusted tray. Repeat with remaining dough and filling.
- 7 Using a slotted spoon, add ravioli, a few at a time, to boiling water; start with the first ones assembled. Cook 30 seconds or until ravioli float to the surface. Using a slotted spoon, transfer ravioli to a platter. To serve, divide ravioli among shallow bowls and top with marinara sauce.