

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Bow-Tie Pasta With Red Pepper Sauce

Red bell peppers are mild and nutritious. Adding Fresnos (or red Serranos) puts the zing in! If you want this dish mild, leave out the chiles...

- 2 cup red bell pepper, chopped*
- 2-3 Fresno chiles, seeded, chopped*
- ½ cup chicken broth*
- 1 Tbsp chopped fresh oregano*
- ¼ tsp ea salt & ground black pepper*
- 1 Tbsp tomato paste*
- 1 Tbsp balsamic vinegar*
- 1 tsp honey*
- 2 cup bow tie pasta*
- 1 cup blanched green peas (fresh is best, but frozen works well)*
- 2 Tbsp chopped fresh parsley*

Combine bell pepper, Fresno chiles, broth, salt and pepper in a medium saucepan over medium heat. Bring to a simmer, then lower the heat to low and cover. Cook, with occasional stirring, for about 15-20 minutes, or until the peppers are tender. Turn off the heat and stir in tomato paste, vinegar and honey.

Meanwhile, cook the pasta according to directions until *al dente*; drain and reserve.

Place the pepper mixture in a food processor and process until nearly puréed; leave as much texture as you like. Toss together with pasta and peas. Place in generous bowls and garnish with parsley. Serve with light bread and lemonade for a complete meal.

Yield: About six servings
Preparation time: 15 minutes
Cooking time: 25 minutes

