***NR# 143 Creamy Pumpkin Marinara Pasta-Adapted by Ancient Harvest and Blue Zone***

***Serving Size and Ingredients: 1/2c pasta 1/4c sauce***

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| **Ingredients** | **25 Servings** | **50 Servings**  | **100 Servings**  |
| Rotini, whole wheat or other type of wheat short pasta | 3 1/8 lbs | 6 ¼ lbs  | 12 ½ lbs  |
| Olvie oil | 6 ¼ TBSP  | 3/4c  | 1 ½ c |
| Garlic Cloves, minced  | 6 ¼  | 12 1/2 | 25 |
| Yellow onion, finely chopped | 1 1/2 | 3 1/8 | 6 ¼ |
| oregano | 1 ½ tsp | 3 1/8 tsp | 6 ¼ tsp |
| cinnamon | ¾ tsp  | 1 ½ tsp  | 3 1/8 tsp |
| No added salt crushed tomatoes | 45 1/3 oz  | 90 2/3 oz | 181 1/4oz  |
| Pumpkin puree | 47oz  | 93 ¾ oz | 187 ½ oz |
| Low sodium vegetable broth  | 3 1/8 c | 6 1/4c  | 12 1/2c |
| Fresh Basil (Optional) | As needed  | As needed  | As needed  |
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***NR# 143 Creamy Pumpkin Marinara Pasta-Adapted by Ancient Harvest***

**Instructions:**

1. **Cook rotini pasta according to directions. Drain and set aside**
2. **Add oil to large pot over medium heat and sauté onion until tender. Add garlic and sauté for another minute.**
3. **Add Pumpkin, tomato, broth and seasonings. Bring to a boil and stir continuously about 10 minutes**
4. **In a large mixing bowl, toss pasta with sauce.**
5. **Serve pasta with fresh basil**