



Penne Rosa

2 1/4 c rice milk
6 TBSP spelt flour
1 garlic bulb
5 TBSP olive oil
1 stick butter (if you react to dairy, butter is most likely still OK)
14 oz italian diced tomatoes
8 oz tomato sauce
1/3 jar tomato basil pasta sauce
16 oz sliced mushrooms (canned)
2/3 package frozen chopped spinach (thawed and drained)
salt
red pepper flakes
Tinkyada brown rice penne pasta

Saute garlic in olive oil for 1 minute over medium heat. Add spelt flour and stir for 1 minute. Add rice milk and stir until thick over med/low heat. Add 1 stick of butter. Set aside. Combine diced tomatoes, tomato sauce, mushrooms, pasta sauce, and spinach over medium heat. Add "white sauce" to tomato sauce mixture. Add salt to desired taste. Boil pepper flakes in water and cook pasta according to package directions. Serve sauce over penne pasta. Add pepper flakes to desired spiciness.

