



Garden Vegetable Rotini (vegan)

Ingredients

1 medium	onion, diced
1 clove	garlic, minced fine
½ cup	water
½ teaspoon	red pepper flakes
½ teaspoon	salt
1 tablespoon	Better Than Bouillon No-Chicken Base
1 cup	sweet red or yellow peppers, coarsely chopped
1 cup	zucchini, diced
1 cup	brussel sprouts, cut in half or quartered
2 cups	cooked rotini pasta



Directions

In a large skillet that has been sprayed with nonstick cooking spray, sauté onions and garlic over medium heat until onions are clear. Add water, red pepper flakes, salt, Better Than Bouillon No-Chicken Base, sweet peppers, zucchini, and brussel sprouts. Simmer until vegetables are tender. Add rotini and toss together.