

Pasta Carbonara



I enjoy this variation of a classic red sauce pasta. The Italians use prosciutto (thin-sliced Italian ham) and often refer to it as “carbonara.” I use Smoky tempeh in the sauce and call it delicious.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls, so they are easy to add. Cooking’s more fun when everything you need is ready to go. Prep a total of 5 cloves of garlic today: 4 cloves chopped garlic in the Marinara Sauce and 1 clove in the pasta carbonara. There are 1-1/3 C. wine for the Marinara Sauce.

Marinara Sauce

1 tsp. olive oil
4 cloves garlic (smashed and chopped)
1/2 C. red wine
1/2 C. yellow onion (chopped)

one 15 oz. can no-salt diced tomatoes
one 15 oz. can regular tomato sauce
another 1/2 C. red wine

2 T. dry basil leaves
1 T. dry oregano leaves
a few dashes Tabasco sauce

1 tsp. olive oil
remaining 1/2 of the chopped garlic from above)
another 2/3 C. red wine

Salad and Dressing

Fixings for a green salad

Il Semplico Dressing:

3 T. extra-virgin olive oil
½ tsp. prepared mustard
2 T. rice wine or white vinegar
3 T. low-sodium vegetable broth
pinch of salt

Pasta Carbonara

4 slices Smoky tempeh (chopped)
1 tsp. olive oil
10 crimini mushrooms (sliced)
1 clove garlic (smashed and chopped)

3 handfuls of dry penne Pasta

Garnish:
4 T. shredded Parmesan

*But First!
Put Pasta Water
on to Boil*

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Once you've made Marinara Sauce, the meal comes together quickly. Make salads and dressing and brown the tempeh. You'll want to be ready to dine as soon as the pasta is assembled.

Marinara Sauce

1. Toss 1/2 of the 4 chopped garlic cloves in olive oil over medium-high heat until garlic starts to turn golden brown. Add ½ C. red wine and bring to boil. Cook 1 minute.
2. Add onion and toss until wine is almost gone.
3. Add both cans tomato sauce to pan (rinse cans with additional second 1/2 C. red wine).
4. Add spices and Tabasco. Bring to boil. Cover, reduce heat to low and cook 10-minutes.
5. Using a separate sauté pan, brown remaining half of the 4 cloves chopped garlic in oil. Add another 2/3 C. wine, bring to a boil, cook for about a minute and turn off heat.
6. Add this additional wine and garlic to the large pan. Stir well and remove from burner.

Green Salad and Dressing

Preheat oven to 400°.

Assemble green salads on individual side-serving plates.

Il Simplicio Dressing:

Simply shake dressing ingredients together in a container with a tight fitting lid.

Pasta Carbonara

1. Brown tempeh on a cookie sheet in a 400° oven. Brown 5 minutes per side. Let cool and chop 4 pieces. Set aside. Store remaining browned tempeh in a sealable bag in the fridge.
2. Brown mushrooms in oil and add chopped garlic. Toss until garlic becomes fragrant.
3. Add 1-1/2 C. Marinara Sauce and chopped tempeh to mushrooms and garlic. Toss and remove from heat.
4. Drop pasta into boiling water, reduce heat to medium-low and set timer for 8 minutes, or cook until pasta is at desired tenderness. Drain and rinse.
5. Return cooked and rinsed pasta to the empty pasta kettle. Pour Marinara sauce, tempeh and mushrooms over pasta and toss over medium heat until hot.

Divide pasta between serving plates and garnish with Parmesan cheese. Serve salads on the side.

What I've Learned from this Recipe

Tempeh is an excellent substitute for bacon, ham or prosciutto. It has plenty of protein, all of the flavor and none of the saturated fat.

Let us know what you think, and ask any questions you have! chezdon@plate6.com