

Bow Tie Pasta With Roasted Red Pepper and Cream Sauce



By smiles4u (<http://www.food.com/user/99872>)

★★★★☆ (17)



TOTAL TIME

30 mins

PREP 15 MINS

COOK 15 MINS



From a recent issue of Cooking Light Magazine. Great veggie dinner.

INGREDIENTS

Nutrition

SERVINGS 6

UNITS US

- 1 lb uncooked bow tie pasta (<http://www.food.com/about/pasta-273>)
- 2 teaspoons extra virgin olive oil

(<http://www.food.com/about/olive-oil-495>)

$\frac{1}{2}$ cup finely chopped onion (<http://www.food.com/about/onion-148>)

1 (12 ounce) bottle roasted red peppers, drained and coarsely chopped

2 teaspoons balsamic vinegar

1 cup half-and-half (<http://www.food.com/about/half-and-half-445>)

1 tablespoon tomato paste (<http://www.food.com/about/tomato-paste-393>)

$\frac{1}{8}$ teaspoon ground red pepper

1 cup finely grated parmigiano-reggiano cheese (<http://www.food.com/about/parmesan-cheese-467>), divided

thinly sliced fresh basil (<http://www.food.com/about/basil-317>) (optional)

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(<http://www.food.com/ideas/10-things-to-make-with-pasta-sauce-6086>)

10 Things to Make with Pasta Sauce →

DIRECTIONS

Cook the pasta according to package directions, omitting salt and fat.

Heat oil in a large skillet over medium heat. Add onion and cook 8 minutes or until tender, stirring frequently.

Add bell peppers, cook 2 minutes or until heated through. Increase heat to medium-high. Stir in vinegar, cook 1 minute or until liquid evaporates.

Remove from heat, cool 5 minutes.

Place bell pepper mixture in a blender; process until smooth. Return bell pepper mixture to pan, cook over low heat until warm.

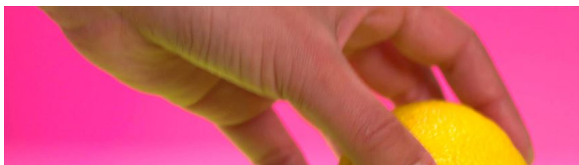
Combine half and half and tomato paste in a small bowl, stirring with a whisk until well combined. Stir in ground red pepper.

Combine pasta and bell pepper mixture in a large bowl. Add 1/2 cup cheese, tossing to coat. Spoon 1 1/3 cups pasta into each of 6 bowls, top each with about 1 1/2 Tbs cheese.

Garnish with basil if desired.

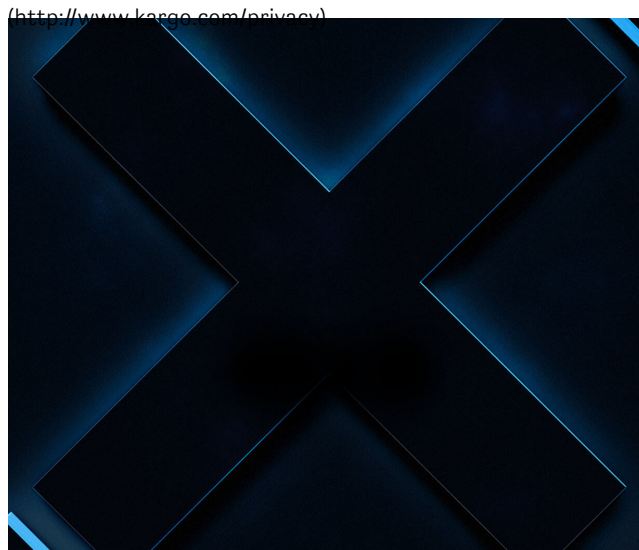
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This was a really tasty and easy to make sauce that add a little something special to our dinner. I didn't have any 1/2 and 1/2, so I used 1 c of evaporated fat free milk. I used the jarred

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Erindipity (<http://www.food.com/user/321999>)

April 21, 2012

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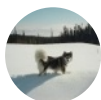


4/21/2012



This was a really tasty and easy to make sauce that add a little something special to our dinner. I didn't have any 1/2 and 1/2, so I used 1 c of evaporated fat free milk. I used the jarred peppers, but can see how it would be much better if you used freshly roasted peppers. I served over packaged goat cheese ravioli. I think the sauce would have been better over plain pasta or ravioli with a more substantial filling. The sauce really overwhelmed the taste of the ravioli.

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review by oilpatchjo (<http://www.food.com/user/228297>)



4/17/2011

Hi smiles4u, Thank you, for posting this wonderful recipe! I roasted my own peppers and tomatoes I ran out of tomato paste and DH added more Red Pepper flakes and followed the recipe otherwise I used Butternut Squash Agnolotti this was huge flavour. I have put this in my Dinner Party Cookbook and we can hardly wait to make this again the taste is exceptionally fabulous just plain excellent just can't say enough!

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review by Celiac Cafe (<http://www.food.com/user/1409525>)



1/18/2010



Wonderful flavor! I am dairy intolerant, so I omit the cheese and

make a mock cream with 4 tbsps tofutti better than cream cheese, 4 tbsps plain soy yogurt and 1 c. chicken or vegetable stock, heated through in a saucepan until completely incorporated, adding it in last. I don't blend the sauce in a blender

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review by I Cook Therefore I Am
(<http://www.food.com/user/450571>)



12/16/2009



We liked this a lot thanks for sharing!

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review by Apron Wearin' Nurse
(<http://www.food.com/user/718230>)



11/23/2009



This recipe was a flop.....I do not recommend it.

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