

Sweet Potato and Tomato Pasta

This Pasta dish combines grated sweet potato with a rich tomato sauce, offering a delicious, filling, and satisfying pasta sauce that the whole family will love.

Prep Time	Cook Time	Total Time
5 mins	30 mins	35 mins



No ratings yet

Course: Main Course, pasta Cuisine: American

Keyword: Sweet Potato and Tomato Pasta, Sweet Potato Pasta Sauce

Servings: 4 people Calories: 451kcal

Ingredients

- 1/2 onion
- 2 garlic cloves
- 10 oz sweet potato about 1 medium size sweet potato
- 20 oz tomato sauce
- salt
- 2 teaspoon oregano
- 14 oz pasta

Instructions

1. Heat some vegetable oil using a large pot and add finely chopped onion and minced garlic. Cook for a couple of minutes, and pour the tomato sauce.
2. While the tomato sauce starts to simmer, thinly grate the sweet potato. You can use a hand grater or a food processor.
3. Add the grated sweet potato to the pot where the tomato sauce is simmering.
4. Simmer for about half an hour or until the sweet potato has softened and the tomato sauce is rich in color and taste.
5. Cook the pasta following the package instructions.
6. Add dried or fresh oregano and combine with the pasta.
7. Garnish with fresh basil, and serve with some Kalamata olives and crusty bread.

Nutrition

Calories: 451kcal | Carbohydrates: 99g | Protein: 18g | Fat: 2g | Saturated Fat: 0.3g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 0.3g | Sodium: 720mg | Potassium: 912mg | Fiber: 5g | Sugar: 9g | Vitamin A: 10686IU | Vitamin C: 13mg | Calcium: 103mg | Iron: 6mg