One Pot Vegan Puttanesca

Ingredients

1 tbsp olive oil
1/4 cup Kalamata olives, pitted and halved
2 cloves garlic, minced
1 yellow onion diced
2 cups grape or cherry tomatoes cut in half
1 cup artichokes (canned, drained)
Pinch red pepper flakes
1/4 cup chopped fresh basil
1 tbsp capers, drained and rinsed
1/4 tsp each sea salt and ground black pepper

8 oz whole-grain spaghetti, broken in half

1 15-oz BPA-free can unsalted cannellini beans (aka white kidney beans or Garbanzo Beans), drained and rinsed

2 1/4 cups low-sodium vegetable broth
3/4 cup dry white wine (optional)

Preparation

1. In a large saucepan on medium, heat oil. Add garlic and onion and cook, stirring often, about 30 seconds or lightly golden. Add tomatoes, salt, black pepper and pepper flakes and cook, stirring often, until tomatoes are slightly softened, 3 to 4 minutes.

2. Add pasta; then liquid- bring to a simmer. cover and cook, stirring occasionally, just until spaghetti is tender, 12 to 15 minutes.

3. Stir in beans, artichokes olives and capers and cook, stirring occasionally, until heated through, 1 to 2 minutes. Sprinkle with basil