

Creamy Chickpea Pasta Sauce

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4.91 from 11 votes

Creamy, flavorful, and incredibly delicious, this chickpea pasta sauce is the perfect quick and easy weeknight dinner! It is simple to prepare and is ready in 30 minutes. This incredible sauce is nutritious and satisfying to have.

 **Course** Main Course

 **Cuisine** American

 **Diet** Vegan

 **Prep Time** 15 minutes

 **Cook Time** 5 minutes

 **Total Time** 20 minutes

 **Servings** 4 servings

 **Calories** 226kcal

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Equipment

- high speed blender

Ingredients

- 2 cups dried pasta of choice
- 1 small yellow onion diced
- 3 cloves garlic minced
- 1 can chickpeas drained and rinsed (or about 1 ½ cups cooked)
- 1 cup vegetable broth more, if needed
- 1 tablespoon Italian seasoning
- 1 teaspoon dijon mustard
- salt and pepper to taste

Instructions

1. Bring a pot of water to boil, and cook pasta according to package instructions, or until al dente. Reserve a cup of pasta water, then drain the pasta and set it aside.
2. Heat up ½ tablespoon of oil in a non-stick pan over medium-high. Once heated, add onion and saute until translucent, about 2-3 minutes.
3. Stir in garlic and fry for another minute until fragrant.

4. In a high-speed blender, add in all ingredients needed for chickpea pasta sauce, including the cooked onion and garlic. Blend for a few minutes until smooth.
5. Pour the sauce back to the pan and bring it to a simmer. Toss in pasta and mix until everything is well incorporated. Serve and enjoy while warm.

Notes

Oil-free - Use $\frac{1}{4}$ cup of broth or water to saute onion and garlic in place of oil.

Helpful tips

- Remember to **salt your pasta cooking water**. Salting the cooking water helps the flavor of pasta to develop.
- I highly recommend using **chickpeas on the softer and mushier side** to aid blending. If your canned chickpeas are hard, you could take the extra step to boil them for 10-15 minutes.
- Use a **high-speed blender** to blend your chickpea pasta sauce for a **good few minutes** to yield the smoothest sauce.
- **Adjust the amount of pasta water used to achieve desired consistency.** I love a thicker sauce, but you could add more water if you prefer it to be thinner.
- This dish is **best eaten warm** as the sauce will thicken up the longer it sits. However, you can quickly fix thick sauce by adding a splash of water or plant milk, then reheating it.
- **Leftovers will keep in the fridge for 3-4 days.** Add a splash of water or milk to thin out the sauce during reheating.

Nutrition

Calories: 226kcal | Carbohydrates: 46g | Protein: 8g | Fat: 1g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Sodium: 399mg | Potassium: 178mg | Fiber: 3g | Sugar: 3g | Vitamin A: 148IU | Vitamin C: 2mg | Calcium: 41mg | Iron: 1mg