

## A Middle Eastern Pasta

8 oz of your choice of pasta, cook according to package directions

In a saucepan, in 3 TBS organic olive oil, saute for 5 minutes:

1 medium onion coarsely chopped

3 cloves of garlic coarsely chopped

### **Add:**

one bay leaf broken in two

4 oz tomato puree

5 oz water

salt to taste

Cover and simmer 10 minutes

### **Then add:**

1/2 teaspoon turmeric

1 teaspoon paprika

1 pinch of cayenne pepper OR to taste

1/2 teaspoon each ground cumin and ground caraway

Allow to simmer for 5 minutes covered. If needed, add more water to have the sauce a medium consistency. Pour over pasta and serve.

