**MAFFE PASTA (Pasta in peanut sauce)**

Saute in 2 T oil in 2 T water.

1large onion chopped

2 cloves garlic minced

½ cup fresh corn

2 med carrots finely chopped

1 medium yellow pepper

1 vegetable bullion

1 tsp molasses

1tsp cayenne pepper

1 stalk fresh thyme

¼ cup toasted sesame oil

Sea salt to taste (optional)

In a blender blend:

 ½ cup fresh peanut butter

11/2 to 2 cups tomato sauce

Pour Sauce into sauté vegetables and simmer for 30 to 45 mins

Place 1 lb fresh spinach after 20mins into sauce.

This sauce can be used with pasta, quinoa or rice

I pack Semolina pasta

Cook pasta for 10 to 12 mins or less if you like el dente

Strain and fold into peanut sauce.