

Pumpkin Pasta with Accessories (Toppings) (Adapted from *JoytheBaker.com*)



A savory offering with flavor and texture galore.

Ingredients:

- 2 tablespoons of any vegetable oil or butter
- 2 cloves garlic, finely minced
- 15-ounce can pumpkin purée or 2 cups pumpkin purée
- 3-5 fresh sage leaves and the same number of sprigs of fresh thyme, both finely chopped
- 1/4 teaspoon ground coriander
- 1/2 teaspoon chili powder
- 1/4 teaspoon red pepper flakes, more if you like it spicy
- A pinch of ground nutmeg, freshly grated if you can
- 1-1/2 to 2 cups stock, chicken or vegetable
- Salt and pepper to taste
- 1 pound of any cooked pasta

Accessorize (or top with):

- Well-browned, and patted dry to remove extra oil, ground Italian sausage or meat-free sausage
- Goat cheese, crumbled, or fresh parmesan, grated
- Toasted pine nuts or any toasted, chopped nut you like
- Chopped parsley
- More red pepper flakes

Preparation:

1. In a medium saucepan, heat oil over a medium-low heat. Add the garlic and cook gently until golden, about 3-5 minutes. Add the pumpkin purée and chopped sage and thyme.
2. Increase heat to medium and add all of the spices. Stir in 1-1/2 cups stock and simmer for 10 minutes, stirring occasionally until thickened to pasta sauce consistency. You may end up adding more stock to get the consistency you like. Taste and season with salt and pepper.
3. Combine cooked pasta in the warm sauce. To serve, top with sausage or sausage alternative, goat cheese crumbled (or parmesan), toasted nuts-of-choice and parsley.