

## Pumpkin Red Pepper Sauce for pasta or tortellini

from Ellen's Kitchen

Yield: 4 to 6 servings

Prep/cook time: 20 minutes

A nicely low fat, colourful change from a regular tomato sauce.

1 cup	chopped onion
2	garlic cloves, minced
1-1¼ cups	(1 large) chopped red bell pepper
1 Tbsp.	butter or olive oil
1¾ cups	canned pumpkin puree (about 16 ounces)
1¾ cups	(14.5-oz. can) diced tomatoes with juice
1¼ cups	chicken broth
1 tsp.	dried basil
½ tsp.	salt
½ tsp.	ground black pepper
2 (9-oz.)	packages cheese tortellini, cooked, drained, kept warm

Saute onion, garlic and red bell pepper in butter in a medium saucepan over medium-high heat for 3 minutes. Add pumpkin, diced tomatoes, chicken broth, basil, salt and pepper. Stir and bring to a boil. Reduce heat and simmer over medium heat for at least 5 minutes. Taste for salt, adding more to taste if the chicken broth and tomatoes weren't very salty. Ladle sauce over pasta or tortellini.