



TUNA & TOMATO PASTA

4 cloves garlic, diced
olive oil
2 cans chopped tomatoes
1 handful of flat-leaf parsley, chopped
2 cups flour
1 can tuna (in oil)
1 handful of fresh basil, chopped
salt & pepper
pasta (farfalle, penne, etc.)

Sauté the garlic in olive oil. Add the canned tomatoes and the chopped parsley and simmer on the stove for 15-20 minutes. Season to taste.

Meanwhile, boil the water for the pasta and cook the pasta for the specified time.

At the very last minute, after the pasta is cooked, add the tuna and chopped basil to the tomato sauce. Combine with pasta and serve.

Enjoy!

