**Meatless FennelPepper Pasta Sauce**

2 tsp Fennel pepper

1/2 bulb finely chopped fennel

1-2 finely chopped celery stalk

2 Tbls olive oil + 2 more later

Tsp salt

½ tsp pepper

Sautéed until brown

32oz Marwan tomatoes

Basil

tsp cardamom

tsp turmeric

tsp cumin

2 tsp smoked paprika

½ cup dry lentils (cooked separately and set aside)

½ cup coarse chopped Italian parsley

½ cup coarsely chopped basil

2 Tbls nondairy sour cream

2 large grilled portabella mushrooms

1 large zucchini grilled

Salt, pepper and olive oil grilled to Smokey goodness

1 ear fresh corn, cooked and kennel removed from cob

Fresh gluten free fettuccine pasta

Cook lentils in water - add salt after 10 min, cook another 20 min, drain and set aside.

Oil, fennel, celery, 1/2 fennel pepper, 1/2 salt and pepper - cook down 5-10min

Add tomatoes

Add cumin, paprika, cardamom, rear of fennel pepper, and simmer and cook down for an hour or so, add salt and pepper to taste.

Add lentils and parsley and continue to simmer while grilling and preparing corn

Grill mushrooms and zucchini w/ salt paper and olive oil,

Cooked noodles - 3 min approx

Corn kernels off cob

Slice mushrooms

Plate with pasta, add sauce, top with mushrooms, zucchini and fresh basil