Ingredients

* 5 Whole wheat pasta boxes
* 5 Canned chickpeas
* 1 block of Pecorino Cheese
* 3 Onions
* 16 chopped garlic gloves
* Salt and pepper
* 4 large cans chopped tomatoes
* Chili flakes
* Olive Oil

Procedure

1. Add water to a large pot and bring to a boil. Salt water, add pasta, and cook according to instructions. Once pasta is cooked and drained, add to large metal bowl and mix with a little olive oil so it doesn’t stick together.
2. In another large pot, add olive oil and place on low-medium heat.
3. Chop onions and add to bowl, cook for 5-10 minutes until translucent. Add chopped garlic and cook for 5 more minutes.
4. Open chickpeas and rinse in sink. Add to the onion/garlic mix along with 1 TBS chili flakes. Cook for 2 minutes. Add canned tomatoes and simmer for 15 minutes.
5. Right before service, mix pour the sauce over the pasta.
6. Shred cheese. Sprinkle on top of individual pasta dishes at service. Also pour chili flakes into a separate bowl for optional addition during service.