



courtesy of Who Are Those Guys? BBQ Competition Cooking Team

<http://www.watgbbq.com/>

Bow Ties with Roasted Red Pepper Sauce (& seafood or chicken)

submitted by Connie Rempe

Another super offering from Connie Rempe, Gregs Mom. This time it is a main dish served over pasta. Again, as before, I would suggest smoking or grilling the shrimp for added flavor.

Ingredients:

- 1 Jar (7 oz) roasted red peppers, drained
- $\frac{3}{4}$ c. half & half
- $\frac{1}{3}$ c. grated Parmesan cheese
- $\frac{1}{4}$ c. fresh basil or $1\frac{1}{2}$ tsp. dried basil
- 2 Cloves garlic
- 1 tsp. salt
- $\frac{1}{8}$ tsp. pepper
- 12 oz. bow tie pasta, cooked & drained
- 1 lb. Cooked shrimp, shells off or 1-2 c. cooked and diced chicken

In blender or food processor combine first 7 ingredients. Cover and blend 20 seconds or until smooth. Toss with pasta and seafood or chicken until well coated. Makes 4 servings.