

## **One Pot Pasta**

Yields: 10 servings

Prep Time: 15 min.

Cook Time: 20 min.

Total: 35 min.

Equipment: Measuring cups and spoons, saucepan, large pot with lid, large spoon, spatula

Source: <https://www.erinliveswhole.com/healthy-one-pot-pasta-recipe/>

2 tbsp. olive oil

1 small yellow onion, diced

2 cloves garlic, minced

12 oz. box pasta

1 large head of broccoli, chopped into small florets

1 package sliced mushrooms

1 can diced tomatoes

1 ½ cups jarred pasta sauce

3 c low sodium stock (chicken or veggie)

1 tsp. salt

½ pepper

1 tsp. dried oregano

½ tsp. red pepper flakes

1 bag fresh spinach

Parmesan cheese for topping

Cannellini beans/any type of beans (optional)

- In a large saucepan, heat olive oil over medium heat.
- Add in onion and saute until translucent. Add in garlic for a quick minute until fragrant.
- Add rest of ingredients, from the pasta to red pepper flakes, stir until everything is combined. If adding any type of beans add this in as well.
- Cover with lid and bring to boil.
- Once boiling, lower heat to medium-low and cook for 15-20 minutes until most of the liquid is absorbed. There can be a little liquid left as it will thicken as it continues to sit, but you don't want it to be soupy.
- Turn off heat and add in a bag of spinach. Stir and cover with lid. Let sit for 5 minutes. Stir and at this time most of the liquid should be absorbed.
- Top with freshly grated parmesan cheese.