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.