

One Pot Veggie Pasta

Ingredients

YIELDS: 8 half-cup servings PREP TIME: 35 minutes

- 1 jar (700 mL) of pasta sauce
- ½ jar (350 mL) water
- 1 ½ cups (374 mL) bite-size whole wheat pasta, dry (example: elbow macaroni, rotini, wheels)
- 1 red pepper
- 1 cup (250 mL) of mushrooms
- 2 cups (500mL) of frozen mixed vegetables
- 1 cup (250 mL) cheese (mozzarella or cheddar)



EQUIPMENT: Large electric skillet / 2 cutting boards / 2 knives / grater / set of dry measuring cups / mixing spoon / serving spoon / small plates for sampling

Directions

- 1) Preheat skillet on medium heat. Add tomato sauce, water and pasta. Cover and bring to a boil. Reduce heat to medium-low and cover, simmering for 15 minutes. If pasta is looking dry before cooked, add more water.
- 2) Thoroughly wash pepper and mushrooms under cool running water.
- 3) Cut pepper and mushrooms into bite-sized pieces.
- 4) Grate cheese.
- 5) Add fresh and frozen vegetables to cooked pasta, and cook for 10 more minutes, stirring occasionally.
- 6) Top with grated cheese and serve.

Chef's Tip



Be sure to use a large skillet to fit all of the ingredients or adjust the recipe to avoid pasta overflow.

Let's Get Cookin'!

