

One Pot Spinach Broccoli Pasta

Servings: 6 (1 1/2 cup servings)

Source: Johnson County K-State Research and Extension

An easy option for a meal in a hurry, with an emphasis on vegetables! Adjust spices used to your taste preference. What is great about this dish is you can use whatever type of pasta or cheese you have on hand. Add cooked or canned meat to increase protein.

INGREDIENTS

1 small red onion, finely diced
1/2 red bell pepper, chopped
4 garlic cloves, finely chopped
4 cups small broccoli florets, chopped
8 ounces small shell pasta
4 cups reduced sodium chicken broth
1/4 teaspoon ground black pepper
1/8 teaspoon red chili flakes
1/2 cup 1% milk
4 cups fresh baby spinach
1/2 cup grated cheese of choice,
additional for garnish if desired

DIRECTIONS

1. In a large pot or Dutch oven add onion, garlic, broccoli, pasta, pepper, chili flakes and broth. Bring to a boil. NOTE: You can do a quick sauté of the vegetables before adding broth. Add 1 tablespoon of oil and let cook for about 3 minutes, or until onions are translucent, then add the broth.
2. Once the contents are boiling, lower the heat and simmer gently, stirring occasionally to prevent pasta from sticking. If desired, you can add a little more broth or water during the cooking process. Cook for 7-9 minutes or until pasta is done to desired tenderness. NOTE: The broth will be absorbed by the noodles as they cook and there will be little to none left once pasta is cooked.
3. After the pasta is cooked, add the milk, spinach and cheese. Stir gently until the spinach has wilted.
4. Add salt or pepper to taste, if needed.
5. Sprinkle with additional cheese garnish if desired. Serve warm and enjoy!

Nutrients Per Serving:

230 Calories | 4g Fat (2g Saturated) | 38g Carbohydrates | 0g Added Sugar | 10g Protein | 200mg Sodium | 3g Fiber