

One Pan Pasta Dinner

A simple recipe you can customize many ways

Serves 4

4 tablespoons vegetable oil (or butter)

2 cups any vegetable combination (chopped onion, red or green peppers, sliced zucchini, broccoli florets, diced carrots, mushrooms, drained canned corn, green beans or tomatoes)

2 cloves peeled, minced garlic (or ¼ teaspoon garlic powder)

1 teaspoon salt

Dash of red pepper flakes (optional)

12 ounces dried pasta or noodles that cook in 10 minutes or less (angel hair, orzo or mini penne)

5 cups water (or broth made from bouillon cubes or powder)

Grated cheese (cheddar, parmesan, etc.)

Canned chicken, salmon, beef or beans

Cook vegetables in oil over medium heat, stirring occasionally, until tender. Add garlic and salt and cook, stirring, for an additional minute.

Add water or broth and pasta (breaking up if needed to fit into pan).

Raise heat to high, bringing mixture to a boil. Turn heat down slightly keeping it bubbling, but not boiling over. Cook 8-10 minutes until pasta is tender.

Stir in canned meat or beans to warm through.

Serve pasta topped with grated cheese.