



One Pot Veggie Pasta

YIELDS: 8 half cup servings

PREP TIME: 35 minutes

Ingredients

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



Figure 1. One Pot Veggie Pasta

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.