



# One-Pot Pasta with Spinach

## Ingredients

- ◆ 1 Tbsp olive oil
- ◆ 1 cup chopped onion
- ◆ 6 garlic cloves, finely chopped
- ◆ 1 (14.5oz) can unsalted diced tomatoes, undrained
- ◆ 1 1/2 cups chicken stock
- ◆ 1/2 tsp dried oregano
- ◆ 8oz pasta of your choice
- ◆ 1/2 tsp salt
- ◆ 1 can spinach, drained
- ◆ 1oz Parmesan cheese, optional

## Method

1. Heat a large pot over medium-high heat. Add oil; swirl to coat.
2. Add onion and garlic to pan.; sauté 3 minutes or until onion starts to brown.
3. Add tomatoes stock, oregano, and pasta; in that order. Bring to a boil.
4. Stir to submerge pasta in liquid.
5. Cover, reduce heat to medium-low, and cook 7 minutes or until pasta is almost done.
6. Uncover, stir in salt.
7. Add spinach. Removed from heat; let stand for 5 minutes.
8. Sprinkle with cheese

Prep time: 10 mins

Cooking Time: 20 mins

Servings: 6

## Storage Tips

### Refrigeration:

Whole meal: Meal can be refrigerated for 3 to 5 days.

Chopped onion: Lasts in the refrigerator for 7 to 10 days.

Opened stock/broth: Opened broth can last in the refrigerator for 4 to 5 days.

### Freezing:

Whole meal: Can be stored in freezer for up to 2 months.

Chopped onion: Maintains quality for about 12 months.

Opened stock/broth: Broth lasts up to 6 month in the freezer. Afterwards, it starts to lose its flavor.

## What Can I Substitute?

- |   |        |   |
|---|--------|---|
| 1 Tbsp olive oil                          | —————> | 1 Tbsp any oil  |
| 1 cup chopped onion                       | —————> | 3 Tbsp onion powder                                     |
| 6 garlic cloves, finely chopped           | —————> | 1 tsp garlic powder                                     |
| 1 1/2 cups chicken stock                  | —————> | 1 1/2 cups any broth                                    |
| 1/2 tsp dried oregano                     | —————> | 1/2 tsp dried basil or thyme                            |
| 8oz spaghetti                             | —————> | 8oz any pasta of your choice                            |
| 1 can spinach, drained                    | —————> | 1lb fresh spinach, cooked down before adding to pot.    |
| 1 (14.5 oz) can diced tomatoes, undrained | —————> | 5 whole tomatoes, diced. Save as much juice as possible |

