

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?

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| 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 |

