

# One Pot Pasta



**Prep:** 15 minutes    **Cook:** 30 minutes    **Yields:** 4 servings

- 1 onion
- 1 beet
- 4 stalks leafy greens (kale and/or swiss chard)
- 1 carton stock (4 cups)
- 8 oz dry pasta (1/2 a box)
- 1 cup water
- 1 can kidney, white or pinto beans
- 1 tablespoon Italian herbs

## Optional

- Add additional veggies (ex: red pepper, diced tomatoes, zucchini, mushrooms)
- Milk or cream
- Chili Flakes



**Chef's Notes:** Cooking pasta in broth is a great way to get extra nutrients into your meal. For creamy pasta, don't add 1 cup of water and add 1 cup of milk or cream at the end of cooking.

1. Take out a medium to large sized pot, add carton of stock and 1 cup of water and bring to a boil over high heat, reduce heat to medium-high to maintain boil.
2. Dice onion (if using) and cut beet into small cubes and place in the boiling stock/water, let boil without the other ingredients for 5-7 minutes.
3. Tear kale/chard away from the stem & cut into medium sized pieces.
4. Add greens and pasta to the pot and stir.
5. Boil, stirring occasionally for 10-12 minutes or until the pasta is soft. The pasta should have absorbed most of the stock. Do not drain, extra stock in the pot is fine.
6. Add rinsed beans and herbs stirring until the beans are heated. If using, add chili flakes for a spicier pasta.

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