

# ONE POT PASTA

**Prep:** 15 minutes

**Cook:** 30 minutes

**Yield:** 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

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) & cut beet into small cubes & 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 & pasta to the pot & 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 & herbs stirring until the beans are heated. If using, add chili flakes for a spicier pasta.

*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 & add 1 cup of milk or cream at the end of cooking.

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