Tomato Basil One Pot Pasta

This delicious and hearty pasta dish cooks everything in one pot, making clean up a breeze!

### YIELD
6 SERVINGS

### PREP TIME
20 MIN

### TOTAL TIME
40 MIN

#### INGREDIENTS

- 1 Tbsp Olive Oil
- 1 each Onion, julienne (thinly sliced)
- 6 cloves Garlic, minced
- ½ tsp Red Pepper Flakes
- ½ tsp Italian Seasoning
- ½ cup White Wine
- 1 pint Cherry or Grape Tomatoes, cut in half
- 1 (15oz) can Cannellini Beans, reduced sodium, drained and rinsed
- 8 oz Whole Wheat Spaghetti
- 1½ cups Vegetable Stock, homemade or unsalted
- 1½ cups Water
- ½ tsp Kosher Salt
- ¼ tsp Black Pepper, ground
- 4 cups Baby Spinach, roughly chopped
- 3 Tbsp Balsamic Vinegar
- ¼ cup Basil leaves, chiffonade (thin ribbons)
- ½ cup (1 oz) Parmesan Cheese, grated

#### CHEF’S NOTES

Cooking the pasta with the sauce ingredients isn’t just a way to cut down on dirty dishes, it also adds a richer flavor to the pasta! This dish is a great example of layering flavors with each step of the cooking process.

You can substitute any white bean like navy beans or chickpeas for the cannellini beans.

This recipe is great on its own but can also be served with our Turkey Meatballs (see separate recipe)!

#### DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.

2. Heat a large saucepot over medium-high heat. Once hot, add the oil and then the onion, sautéing until translucent and lightly browned, about 3-4 minutes.

3. Add the garlic, red pepper flakes, and Italian seasoning and sauté until just fragrant, about 30 seconds to 1 minute more.

4. Add the wine, scraping up any accumulated brown bits. Allow the wine to reduce, about 2-3 minutes.

5. Add the tomatoes, drained beans, spaghetti (break in half lengthwise if it’s too long to fit comfortably in the pan), stock, water, salt and pepper. Stir to combine. Bring to a boil then cover and simmer until sauce is thickened and pasta is al dente, about 8-10 minutes.
6. Remove the pan from the heat and finish by adding the chopped spinach and balsamic vinegar and stirring to combine. Top with the basil ribbons and parmesan before serving.

Nutrition Facts

6 servings per container
Serving size 1 cup (309g)

Amount Per Serving

Calories 290

% Daily Value*

Total Fat 4g 5%
  Saturated Fat 1g 5%
  Trans Fat 0g

Cholesterol <5mg 1%

Sodium 300mg 13%

Total Carbohydrate 46g 17%
  Dietary Fiber 8g 29%
  Total Sugars 5g
  Includes 0g Added Sugars 0%

Protein 11g 22%

Vitamin D 0mcg 0%
Calcium 130mg 10%
Iron 3.8mg 20%
Potassium 440mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WHEAT