

One Pot Pasta

This one pot dish uses the pasta, vegetables, tomato sauce, and cheese you have on hand for a multi-food group meal or snack. 1 serving.

Ingredients:

2 oz pasta (usually 1/8 of a box)
1 cup boiling water
2-3 cups fresh vegetables
1 clove garlic (or ½ tsp garlic powder)
2 tsp chopped onion (or ½ tsp onion powder)
1 Tomato (or ¼ c canned sauce or tomatoes)
To taste Herbs (fresh or dried), salt & pepper, cheese

Directions:

Boil a pot or kettle of water and chop your veggies. Place all ingredients except cheese into a pot and cover with boiling water. Turn heat to high and bring to a boil, then set your timer for the time recommended for the pasta + 2 minutes. Reduce heat but keep it boiling. Keep stirring, adding water if it seems too dry. Cook until the pasta is your preferred texture, then turn off the heat and stir in a little bit of cheese, adding more to taste.

Salmorejo

*4 ingredients blend into a cool and creamy non-dairy summer soup;
2-3 servings*

Ingredients:

3 – 5 Ripe tomatoes (3 large or 4 medium)
½ Baguette, insides torn out (or equivalent white bread)
1 Clove of garlic
To taste Olive oil

Directions:

Peel and seed tomatoes and blend in a blender or food processor.

Add soft insides of the baguette to the blender (or any white bread), making sure the tomatoes still cover the bread. Add one peeled clove of garlic and blend again.

In the small opening in your blender or food processor, slowly stream in olive oil while blending, until the soup is smooth, pink, and creamy. Enjoy at room temperature or chilled, and garnish with chopped almonds and/or olive oil!

