



One-Pan Pasta Skillet

Makes 6 cups | 4-6 servings | Protein • Vegetables • Grains

Ingredients

- 1 small onion, diced
- 1 Tablespoon canola oil
- 2 cups or 1 15-ounce can cooked beans (any kind)
- 1 15-ounce can tomato sauce
- ¼-½ cup water or low-sodium broth
- 2 teaspoons seasoning (taco, Italian, etc.)
- 2 cups pasta, uncooked
- 1 15-ounce can green beans or 2 cups fresh or frozen green beans
- ½ cup grated cheese (optional)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large skillet, combine onion and oil. Heat until onion is tender, about 5 minutes.
3. Add beans, tomato sauce, ¼ cup water, seasoning, and pasta.
4. Bring to a boil then reduce heat.
5. Cover the skillet and simmer for 20 minutes.
6. Add green beans and simmer for another 10-15 minutes, or until pasta is tender.
7. Remove skillet from heat. Top pasta with cheese and cover the pan for another 3-5 minutes until cheese is melted.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyocnp.org/wrir/>

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwo.edu

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