

Not-So-Chili Pasta with Broccoli (Bow Ties and Trees)

Instructions:

Don't change yet! Take out equipment.

1. Fill a large **stove-top** pot with water. Cover and bring to a boil for pasta.
2. Heat oil in a large nonstick **fry pan** at med-high. Finely chop onion, adding to pan as you slice. Cook, stirring occasionally, until caramelized. Add beef and spices to fry pan. Break up the beef with spoon. Brown until no longer pink.

Add pasta sauce and broth to cooked meat and stir. **Reduce heat** to simmer.

3. Place pasta into boiling water and set timer according to package directions (approx 10 minutes).
4. Rinse broccoli in colander or steamer basket and cut into bite size pieces (so they look like little trees). Place a small amount of water in the bottom of a **stove-top** pot with the broccoli in the basket above. *See page 34.*
Let stand until timer rings for pasta.

...when timer rings for pasta...

Turn heat to high for broccoli. Reset timer for 3 minutes.

5. Rinse pasta under hot water in a colander. Add to meat pan gently folding into sauce.

When broccoli is tender but crunchy. Dinner is ready to serve. Add a little butter if you must. We love grated Parmesan on the pasta. We also always put chili flakes on the table for those who like it hot!

Ingredients:

Take out ingredients.

water

1 tsp canola oil

1 medium yellow onion

1 lb or 450 g extra-lean ground beef

2 tsp chili powder

1 tsp cumin

pinch of turmeric

1 can pasta sauce (24 oz or 680 mL)

I like to use spicy.

1 cup beef broth, reduced-sodium

3 cups bow tie pasta

1 lb or 450 g broccoli florets

water

butter (optional)

Parmesan, grated, light (optional)

Serves 6

15 MINUTES TO PREP
DINNER IS READY IN 25 MINUTES

Dinner Survival
by Sandi Richard