

# One Pan Pasta

**Makes**  
6 servings

**Prep time**  
50 minutes

**Cook time**  
10 minutes

**Good source of**  
Fiber  
Protein

**Ingredients:**

- ½ pound ground turkey or lean ground beef
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 can (14.5 oz) crushed tomatoes
- 1 can (15 oz) tomato sauce
- 2 cups eggplant, chopped
- 1 cup water
- 8 ounces uncooked pasta (rotini, ziti, penne, macaroni)
- ½ tsp. salt (optional)
- ¼ tsp. black pepper (optional)
- 2 cups fresh or frozen broccoli (or other vegetable of your choice)

## Nutrition Facts

6 servings per container  
Serving size 1 cup (254g)

Amount per serving  
**Calories** **240**

	% Daily Value*
<b>Total Fat</b> 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 25mg	8%
<b>Sodium</b> 530mg	23%
<b>Total Carbohydrate</b> 38g	14%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 15g	
Vitamin D 0mcg	0%
Calcium 62mg	4%
Iron 3mg	15%
Potassium 557mg	10%

\*The % Daily Value 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.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



# One Pan Pasta

## Directions:

1. Brown the ground turkey or beef with onion and garlic in a large pan or skillet. Drain off any grease.
2. Add tomatoes, tomato sauce, eggplant, water, uncooked pasta, and optional salt and pepper to the ground turkey or beef.
3. Bring to a boil. Cover and simmer on low-medium heat for 10 minutes.
4. Stir in the fresh or frozen broccoli (or other vegetable of your choice).
5. Continue cooking on low-medium heat or until pasta and vegetables are tender, about 5-10 minutes.

