

# 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!*

Recipe by Sandi Richard  
from *Dinner Survival*

## 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 fl 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

# Recipe by Sandi Richard from *Dinner Survival*

## Equipment List:

Large stove-top pot w/lid  
Large nonstick fry pan  
Cutting board  
Colander  
Stove-top pot w/steamer basket  
Sharp veggie knife  
Stirring spoon  
Can opener  
Measuring cups and spoons

## Per serving:

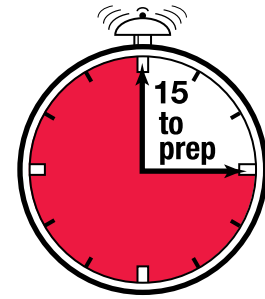
Calories 450  
Fat 12.6 g  
Protein 25.7 g  
Carbohydrate 58.4 g  
Fiber 2.3 g  
Sodium 711 mg

## U.S. Food Exchanges:

3 Starch  
3 Meat-lean  
1 Fat  
1 Vegetable

## Cdn. Food Choices:

3 Carb  
3 Meat/Alt  
1 Fat  
1 Other Carb



W  
E  
E  
K

1

