

# BIG BATCH BEEF & PASTA FLORENTINE

Prep & Cooking Time: about 45 minutes  
Makes 12 servings

## Ingredients

500 g (1 lb.) extra lean/lean ground beef

2 cans (796 mL/28 oz. each) crushed or diced tomatoes

15 mL (1 T.) EACH dried oregano, basil, and thyme (OR 45 mL/3 T. Italian seasoning)

10 mL (2 tsp.) garlic powder

750 mL (3 cups) small shell or macaroni pasta, about 300g

1 box (300 g) frozen chopped spinach, thawed and squeezed dry OR 1 (170 g/6 oz.) bag fresh spinach

250 mL (1 cup) 2% M.F. cottage cheese

250 mL (1 cup) mozzarella cheese, shredded

## Directions

Using a large stove-top- and oven-proof skillet (also called a Dutch oven), brown ground beef over medium-high heat, breaking up with a wooden spoon; drain if necessary.

Stir in tomatoes with their juices, oregano, basil, thyme and garlic powder. Add 2 cups (500 mL) of water and bring to a boil.

Stir in pasta. Reduce heat to low, cover and simmer, stirring occasionally, for 15 minutes or until pasta is cooked to your liking.

Stir in spinach and cottage cheese; gently heat through, stirring occasionally.

Top with cheese and bake in 180°C (350°F) oven until bubbly, 10 to 15 minutes.

Cool, then portion into small containers and freeze for a quick, healthy lunch or dinner another day.



Image courtesy [www.beefinfo.org](http://www.beefinfo.org)

**Tastes a lot like lasagna  
but so easy to make...all 4  
Food Groups, and only 1  
pot to clean!**

**Makes a lot so you can  
feed a crowd or freeze it  
for leftovers later in the  
month.**

Source: Adapted from Volume 08, Issue 4  
"Make it Beef" [www.beefinfo.org](http://www.beefinfo.org)

- ✓ Budget-Friendly
- ✓ Quick & Easy
- ✓ Freezable
- ✓ High in iron and zinc



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