

SUPER-EASY VEGETARIAN PASTA DINNER

Prep Time: 5 minutes
Cooking Time: 15 minutes
Makes 6 servings

Ingredients

454 g (1 lb) pasta, any kind
796 mL (28 oz.) can tomatoes, with juice
1 can (540 mL/19 oz.) kidney beans, white beans, or black beans
250 mL (1 cup) Parmesan cheese, grated
170 g (6 oz/4 cups) fresh spinach leaves, rinsed

Directions

Cook the pasta in a large pot of boiling water (use package directions).

Drain and rinse beans using a colander. In a separate pot or skillet, combine tomatoes (with juice) and beans; bring to a boil over medium-high heat. Reduce heat to medium and stir in Parmesan cheese; simmer for about 5 minutes until heated through.

Stir in spinach leaves and cook for another 2 minutes, until spinach wilts.

Drain the cooked pasta, and stir into the tomato-bean-spinach mixture to combine.

Top with additional cheese if desired.



This dish takes less than 1/2-an-hour and makes enough for 6 meals. It's not 'saucy' but still has a lot of flavour (tastes even better the next day)!

Including beans and spinach ups the iron content, an important mineral for vegetarians.

- ✓ Vegetarian
- ✓ Budget-Friendly
- ✓ Freezable
- ✓ High-fibre
- ✓ Iron-rich



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