

One Dish Italian Baked Pasta



Prep:

15 minutes

Total:

35 minutes

Makes:

6 - 8 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core
large mixing bowl

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Recipe:

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Recipe Description:

In a rush? Here is a quick and easy, oven free recipe that your entire family will love! And cleanup will be a breeze with only one pan to clean.

1 $\frac{3}{4}$ cups
coconut milk
(420
ml)
25 ounces
stewed tomatoes
(708
g)
1 pound
dry pasta (rigatoni, ziti or penne)
(454
g)
1 large onion, strung, use Cone #2
2 medium carrots, julienned, use Cone #2
6 - 7 large mushrooms, sliced, use Cone #4
2 teaspoons
Italian garlic herb seasoning
(3
g)
 $\frac{1}{2}$ cup
mozzarella cheese, shredded, use Cone #2
(30
g)
2 tablespoons
Parmesan cheese, shredded, use Cone #1
(10
g)

2 - 3 tablespoons
fresh basil, chopped
(5 - 8
g)

Directions:

1. Place coconut milk, tomatoes, pasta, onions, carrots, mushrooms and seasoning in MP5. Mix until well blended.
2. Place cover on MP5 and set temperature to 325°F/165°C.
3. When the Vapo-Valve™ clicks steadily, reduce temperature to 200°F/95°C and cook for 35 minutes or until desired doneness (less cooking time for al dente).
4. Once ready to serve, sprinkle with mozzarella and stir until melted. Garnish with fresh basil and parmesan.

Tips:

- More or less liquid ingredients may be added according to desired thickness of sauce.
- Using vegan cheese will make this a dairy-free recipe.
- Excellent when served with grilled salmon, chicken or steak.

Nutritional Information per

▼ Serving

Based on 8 servings

Calories: 376

Total Fat: 13g

Saturated Fat: 11g

Cholesterol: 6mg

Sodium: 289mg

Total 54g

Carbs:

Dietary Fiber: 3g

Sugar: 5g

Protein: 13g