

## ***One Pot Pasta Meal***

2 tablespoons of your favorite cooking oil

1 cup chopped onion

6 cloves garlic, minced

1 (16oz) can of tomatoes, diced or chunky

2-3 cups chicken broth

1 tablespoon of dried herbs (Italian seasoning works great)

8 oz. spaghetti or any dried pasta

1/4 teaspoon salt or to taste

6-8 oz. of softened butter

1/4 cup shredded Parmesan cheese or any shredded cheese works

*\*optional- may add a handful of fresh spinach or 1 cup of frozen/canned vegetable medley*

1. Heat oil in a wide skillet, pan or pot over medium heat. Add the onion and garlic, sauté 3 minutes or until they start to brown. Add tomatoes, chicken broth, herbs, and pasta (spinach or frozen/canned vegetables are also added at the step).
2. Press the spaghetti with a spatula to submerge the pasta in the liquid. If your skillet, pan or pot is not wide enough, break the spaghetti into halves before cooking. Cover with the lid and reduce heat to medium-low. Cook for 8 minutes or until the pasta is al dente. If the pasta is not cooked after 8 minutes, add a little bit more chicken broth, cover the lid and cook for another 2 to 5 minutes.
3. Uncover the lid and add salt and melt in the butter. Stir and season to taste. Turn off the heat and top the pasta with Parmesan cheese and fresh chopped herbs, if desired. Serve immediately and enjoy!