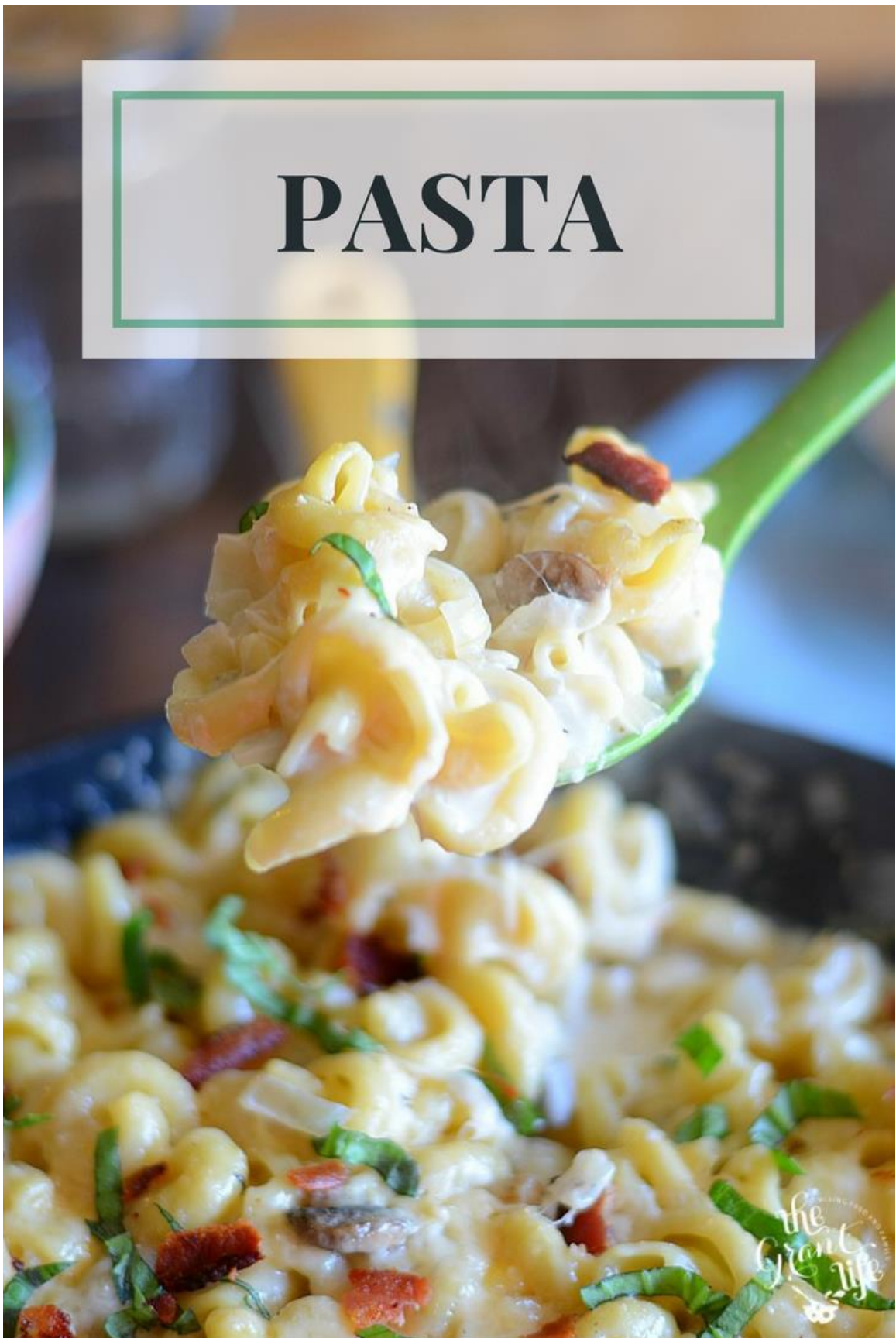


PASTA



Hey there!

Thanks so much for downloading the weeknight pasta e-book! If there is one thing that we LOVE at the Grant house – it's pasta! I have shared so many different pasta recipes on my site that it's hard to keep track. I put together my absolute favorite to share with you! In this e-book you will find the recipe for:

- Roasted tomato Alfredo
- One pan broccoli Alfredo
- French onion dip pasta
- Veggie stuffed lasagna roll-ups
- One pot spaghetti and meatballs
- One pot chipotle pasta

Some of these recipes are made all in one pot or pan, which means less dishes! If you have never made a one pot pasta, make sure you push the pasta under the water and stir frequently. If you need a bit more water, feel free to add it. After making one pot pastas a few times, you will get the hang out it!

If you have any questions or suggestions, please feel free to reach out to me! You can email me at thegrantlife@yahoo.com or message me on Facebook – www.facebook.com/theGrantlife

Happy cooking!

-Kelley

Roasted tomato Alfredo



Ingredients

- 2 cups sweet cherry tomatoes, sliced in half
- 2 tablespoons crushed rosemary
- pinch of salt
- 16 oz pasta of choice (I used elbows), cooked and drained
- 2 cloves of garlic, diced
- 4 tablespoons of butter
- 1 tablespoon flour
- 2 cups heavy cream
- 1½ cups Parmesan, shredded
- parsley for topping

Instructions

1. Preheat the oven to 250. Add your tomatoes (cut side down) to a baking sheet lined with a silicone baking liner and sprinkle with the rosemary and salt. Bake for 3-4 hours.
2. In a large saucepan place the butter and garlic in over medium heat. When the butter has melted and the garlic is fragrant add the flour and stir to combine.
3. Slowly whisk in heavy cream, ½ cup at a time. Bring to a soft boil, stirring constantly. Add in the Parmesan and remove from heat. Stir together to combine.
4. Toss together the tomatoes, pasta and Alfredo sauce. Top with parsley and enjoy!

One pan broccoli Alfredo



Ingredients

- 1 large onion, diced
- 2 cloves of garlic, minced
- 2 cups of broccoli heads, washed
- 2 tablespoons of butter (or leftover bacon grease)
- 4-5 cups of water
- 16 ounces of spaghetti or linguine noodles
- 1 cup heavy whipping cream
- 1 cup Parmesan cheese, grated
- salt and pepper to taste

Instructions

1. In a large skillet, heat the butter and add the onion and garlic. Cook for 5-8 minutes or until the onions are a soft and browning. Add in the broccoli. Cook for about 3 minutes or until the broccoli turns a bright green.
2. Pour in the water and bring to a boil. Add in the pasta, making sure to push it under the liquid.
3. Cover, reduce heat and cook for 10-15 minutes. Be sure to stir the pasta every few minutes so it doesn't stick to the bottom of the pan.
4. Remove from heat, add in the heavy cream and Parmesan. Stir to combine and bring to a soft boil. Remove from heat, add salt and pepper and enjoy!

French onion dip pasta



Ingredients

- 5-6 slices of bacon, cooked and greased reserved
- 2 large sweet onions, diced
- 8 oz button mushrooms, sliced
- salt and pepper, to taste
- 3½ cups chicken broth
- 16 oz pasta of choice
- ½ cup of shredded Fontina, or cheese of choice
- 1¼ cup heavy cream
- ½ cup of shredded Parmesan
- parsley or basil for topping

Instructions

1. In the same pan you used to cooked the bacon, add the diced onions. Cook for 5 minutes or until they start to soften. Add the mushrooms and salt and pepper. Allow to cook for another 5-8 minutes, stirring every 30ish seconds.
2. Pour in the chicken broth and bring to a soft boil. Add in the pasta making sure it is completely covered by the broth. Reduce heat, cover and let cook for 10 minutes or until pasta is al dente. Be sure to stir every minute or so to ensure the pasta doesn't stick to the bottom of the pan.
3. Once most of the chicken broth has been absorbed stir in the Fontina cheese and heavy cream. Let it simmer for a minute or two and then remove from the stove top.
4. Top with the shredded Parmesan and put it in the oven on broil for 2-3 minutes or until the cheese is melted and bubbly. Remove, add the bacon and basil (or parsley) and allow to cool.
5. Give one last stir and enjoy!

Veggie stuffed lasagna roll-ups



Ingredients

- 10-12 lasagna noodles, cooked al dente
- 1 cup frozen vegetable mix
- 2 cups shredded, divided

- 1/2 cup ricotta cheese
- 2 cloves of garlic, minced
- 1 egg
- 2 cups of pasta sauce of choice, divided

Instructions

1. Preheat the oven to 400.
2. Spread a layer of pasta sauce on the bottom of baking dish.
3. Mix together the vegetable mix, 1 cup of shredded Mozzarella, the ricotta cheese, the garlic and the egg. Spread 1ish tablespoon of the veggie mix on a lasagna noodle and roll it up. Place the roll-up, seam side down, onto the pasta sauce. Repeat until you have filled all your noodles.
4. Top the rolls with the remaining pasta sauce and then the rest of the Mozzarella cheese.
5. Bake for 20 minutes.
6. Remove, add fresh basil or parsley and enjoy!

One pot spaghetti and meatballs



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Ingredients

- 3 cloves of garlic, diced
- 1 large onion, diced
- 2 tablespoons butter
- 2 cups chicken broth
- 24 oz can of pasta sauce

- 1 package angel hair pasta
- 1-2 cups of water
- 12 meatballs, frozen
- 1-2 cups shredded mozzarella
- fresh basil for garnish

Instructions

1. In a large skillet or pot, saute the garlic and onions in the butter for 5 minutes or until fragrant.
2. Add the chicken broth and pasta sauce and stir. Bring to a soft boil.
3. Break the angel hair pasta in half and add it to the broth - pushing it down so that it underneath the liquid. Cover and simmer for 15 minutes. Every 5 minutes stir the pasta to ensure it doesn't stick to the bottom. Add the water as needed while simmering.
4. Push down the meatballs into the liquid around the spaghetti. Simmer (covered) for another 10 minutes, or until the meatballs are cooked through.
5. Remove from heat, add the cheese and basil and allow to melt.
6. Let cool and enjoy!

One pot chipotle pasta



Ingredients

- 1 onion
- 1 bell pepper
- 1-2 pounds of hamburger
- 2 tsp cayenne pepper
- 2 tsp black pepper
- 12 oz of pasta
- 1 can 6 oz chipotle corn
- 1 can 15 oz crushed Mexican tomatoes
- 2 cups water
- ½ block of cheese

Instructions

1. Sautee your onion and bell pepper until the onion is translucent and the pepper is soft in a cast iron skillet.
2. Add your hamburger and spices and cook thoroughly.
3. Pour in the can of corn (water and all) and the crushed tomatoes.
4. Add the pasta on top and the 2 cups of water.
5. Push the pasta under the water and tomato juice and bring to a boil.
6. Boil for 15-20 minutes, or until the pasta is tender and most of the water is absorbed.
7. Pull from the burner and add the shredded cheese on top.
8. Place under your broil for 5 minutes to melt/crisp the cheese.
9. Let cool and enjoy!