

# One-Pot Beef Rotini



*Provided by the Auburn  
Interfaith Food Closet  
[www.auburnfoodcloset.org](http://www.auburnfoodcloset.org)*

This institution is an equal opportunity provider.

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SERVES: 4-6

PREP TIME: 10 minutes    COOK TIME: 20 minutes

## INGREDIENTS:

- 1    tablespoon vegetable oil
- 1/2   cup chopped onion
- 1    lb. ground beef or ground turkey
- 1    cup beef broth
- 1 1/2   cups pasta sauce or 1 can (15 oz.) tomato sauce
- 1    cup frozen peas or mixed vegetables
- 1/4   teaspoon garlic powder
- 1/4   teaspoon ground black pepper
- 2    cups uncooked rotini or other large shaped pasta
- Grated cheese (Optional)

## DIRECTIONS:

1. Wash hands. Heat oil in a large pot or skillet; sauté onions over medium-high heat until soft, about 3-4 minutes.
2. Add ground beef (or ground turkey) and brown, breaking up into crumbles, until no longer pink. Drain off grease.
3. Add beef broth, pasta sauce (or tomato sauce), and spices. Stir to combine.
4. Add dry pasta and frozen vegetables; stir to combine. Bring mixture to a boil.
5. Reduce heat; cover and simmer for 12-15 minutes, stirring occasionally, until pasta is *al dente*, or to taste. Serve hot, sprinkled with optional grated cheese to taste.

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