

Beef and Vegetable Pasta



SERVES:
5



TOTAL TIME:
30 minutes



ESTIMATED COST:
\$8



Ingredients

- 1 lb ground beef,
- 2 cups pasta (rotini or penne),
- 1 zucchini, diced,
- 1 can diced tomatoes,
- 2 cups beef or chicken broth,
- 1 cup water,
- 1 tsp Italian seasoning,
- 1/2 tsp garlic powder,
- Salt and pepper,
- Parmesan for serving



Instructions

- 1 Brown the ground beef in a large, deep skillet or pot over medium-high heat. Drain excess fat if needed.
- 2 Add the zucchini and cook for two minutes.
- 3 Stir in the tomatoes, broth, water, pasta, and all the seasonings. Bring to a boil.
- 4 Reduce heat and cover. Cook for 12 to 14 minutes, stirring occasionally, until the pasta is cooked and most of the liquid is absorbed.
- 5 Top with parmesan and serve.