

Party Pasta

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Olive oil		3/4 Tbsp		3 Tbsp
Onions, chopped		1 cup		4 cups
Bell pepper, chopped		1/2 cup		2 cups
Tomatoes, canned, sliced		1-1/2 cups		6 cups
Tomato sauce		1 cup		4 cups
Corn, whole kernels		1 cup		4 cups
Kidney beans, canned		3-3/4 cups		15 cups
Pasta, whole wheat, wagon wheel or elbow		2 cups		8 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	1 g	
Protein	10 g	
Carbohydrates	36 g	
Dietary Fiber	8 g	
Saturated Fat	NA	
Sodium	155 mg	

Directions

1. In medium saucepan, heat olive oil over medium-high heat.
2. Add onions and peppers. Allow to cook for 6 minutes, stirring occasionally, until vegetables are tender.
3. Stir in undrained canned tomatoes and tomato sauce. Bring to a boil.
4. Reduce heat and allow to simmer for 20- 30 minutes, until mixture thickens. Stir often.
5. While mixture simmers, cook pasta as directed.
6. Stir kidney beans and pasta into hot tomato mix.

Notes

Serving Tips:

Add leftover chicken or turkey for a non-vegetarian version. Leftovers can be used as a side dish or refrigerated for another lunch.