

One Dish Italian Baked Pasta



Prep:

15 minutes

Total:

35 minutes

Sirve:

6 - 8 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core
large mixing bowl

Valora: ★★★★★

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Descripción de la Receta:

In a rush? Here is a quick and easy, oven free recipe that your entire family will love! And cleanup will be a breeze with only one pan to clean.

1 $\frac{3}{4}$ cups
coconut milk
(420
ml)
25 ounces
stewed tomatoes
(708
g)
1 pound
dry pasta (rigatoni, ziti or penne)
(454
g)
1 large onion, strung, use Cone #2
2 medium carrots, julienned, use Cone #2
6 - 7 large mushrooms, sliced, use Cone #4
2 teaspoons
Italian garlic herb seasoning
(3
g)
 $\frac{1}{2}$ cup
mozzarella cheese, shredded, use Cone #2
(30
g)
2 tablespoons
Parmesan cheese, shredded, use Cone #1
(10
g)
2 - 3 tablespoons

fresh basil, chopped
(5 - 8
g)

Preparación :

1. Place coconut milk, tomatoes, pasta, onions, carrots, mushrooms and seasoning in MP5. Mix until well blended.
2. Place cover on MP5 and set temperature to 325°F/165°C.
3. When the Vapo-Valve™ clicks steadily, reduce temperature to 200°F/95°C and cook for 35 minutes or until desired doneness (less cooking time for al dente).
4. Once ready to serve, sprinkle with mozzarella and stir until melted. Garnish with fresh basil and parmesan.

Consejos:

- More or less liquid ingredients may be added according to desired thickness of sauce.
- Using vegan cheese will make this a dairy-free recipe.
- Excellent when served with grilled salmon, chicken or steak.

Información nutricional por ración

Based on 8 servings

Calorías: 376

Grasa Total: 13g

Grasa 11g

Saturada:

Colesterol: 6mg

Sodio: 289mg

Carbohidratos: 54g

Fibra 3g

Dietética:

Azúcar: 5g

Proteína: 13g