

7 EASY STEPS TO QUICK AFFORDABLE FAMILY MEALS

EACH RECIPE MAKES 8 SERVINGS

1. Pick your favorite PASTA; cook one minute less than packaging directions. Reserve 1 cup pasta water; drain.
2. Meanwhile, heat OIL in large skillet over medium-high.
3. Add FLAVORING to skillet until fragrant.
4. Add PROTEIN (not beans); cook stirring frequently until PROTEIN is done.
5. Add VEGETABLES and/or beans.
6. Add ½ cup reserved pasta water or BROTH; continue cooking until VEGETABLES are softened. Season to taste with salt and pepper. Add PASTA; cook 2-3 min. until heated through. Add additional pasta water as needed in ¼ cup increments.
7. Remove skillet from heat and garnish with TOPPINGS.

6 2 CUPS BROTH
LOW SODIUM VEGETABLE BROTH

OR
(1 CAN @ 14.5oz.)



LOW SODIUM CHICKEN BROTH LOW SODIUM BEEF BROTH 2 CUPS PASTA COOKING WATER

4 1 LB. PROTEIN
GROUND TURKEY

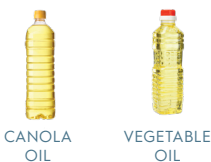
OR
STRETCH A ½ LB. OF RED MEAT TO CREATE MORE SERVINGS BY ADDING BEANS AND VEGETABLES



GROUND BEEF CANNED TUNA IN WATER, DRAINED, (3 5oz. CANS) BONELESS, SKINLESS CHICKEN THIGHS, CUT INTO BITE-SIZE PIECES CANNED BEANS (2 CANS)

2 2 TBSP. OIL
OLIVE OIL

OR



CANOLA OIL VEGETABLE OIL



7 2 TBSP. TOPPINGS
GRATED PARMESAN CHEESE

OR



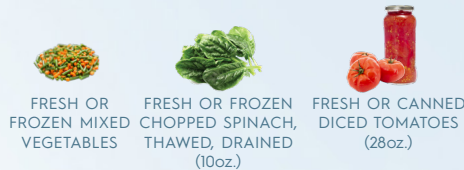
EXTRA VIRGIN OLIVE OIL LOW MOISTURE PART-SKIM MOZZARELLA CHEESE



5 2 CUPS VEGETABLES
FRESH OR FROZEN SMALL BROCCOLI FLORETS (2 CUPS)

OR

WHEN IN SEASON USE FRESH VEGETABLES



FRESH OR FROZEN MIXED VEGETABLES FRESH OR FROZEN CHOPPED SPINACH, THAWED, DRAINED (10oz.) FRESH OR CANNED DICED TOMATOES (28oz.)



3 2 tsp. FLAVORING
CHOPPED GARLIC (2 CLOVES)

OR



FRESH CHOPPED YELLOW ONION (2 CUPS) DRIED ITALIAN SEASONING (2 tsp.)



1 1 BOX PASTA
BARILLA® ROTINI

OR



BARILLA® PROTEINPLUS® SPAGHETTI BARILLA® ORGANIC PENNE BARILLA® COLLEZIONE PENNE BARILLA® ORGANIC ELBOWS



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TIPS

1. This affordable pasta recipe builder was made in collaboration with our expert nutritionist and executive chef to deliver the best pasta meal experience for 8 servings, all under 500 calories, and less than \$10 a meal!
2. Simply select an ingredient from each category beginning with your favorite Barilla® pasta, and follow the instructions for developing the perfect pasta meal.
3. Serve your meal with a side of salad or other vegetables of your choosing for a well-rounded meal the entire family can enjoy.
4. Stretch a ½ pound of ground beef by adding a can of drained beans for an alternative meal experience.
5. Select fresh in-season or local ingredients as a swap for the vegetables and/or flavoring categories.
6. Try more than one ingredient from a category like flavoring or vegetables if you don't have the recommended amount on-hand or would like to enjoy more than one from a category.
7. If using fresh herbs, save them for the end and top your pasta meal for another layer of fresh flavor.
8. If using canned protein or vegetables make sure to drain them before adding them to the skillet.
9. Have left-over cooked chicken? Simply add it to the skillet during the protein step instead of using a new protein.
10. Taste often for the best meal experience or taste at each step so you can adapt to your taste preference.
11. Look for additional pasta recipe inspiration at www.barilla.com/pastabuilders