

United Against Hunger 2017



The following are simple, low cost, easy to make recipes developed by a team of culinary experts at The Schwan Food Company. These recipes can be used to complement the nutritionally sound Tomato Basil Pasta packets and therefore allow you to stretch your food dollars even further. Our hope is that these recipes will inspire you to try new recipes of your own using items you have in your pantry.

Chipotle Pasta & Vegetables

Prep Time: 10 minutes

Total Time: 15 minutes

Serves: 6

1 Package Pasta with Tomato Basil Sauce
4 Tablespoons Tomato Paste
1 Can Black Beans (or other) Drained and rinsed
1 Can Corn, Drained

1 Tablespoon Chipotle in Adobo Sauce, Chopped
1 Cup Cheddar Cheese, Diced or Shredded (optional)
2 Tablespoon Fresh Cilantro Chopped (optional)

Prepare pasta with Italian tomato and basil sauce according to package instructions

Combine tomato paste, chipotle in adobo, corn, black beans, cheddar, cilantro and the prepared pasta with Italian tomato basil sauce

Stir until combined

Return to stove top and heat over low until a gentle simmer or until 165°F internal temperature is reached

Pasta Bake

Prep Time: 10 minutes

Total Time: 30 minutes

Serves: 6

1 Package Pasta with Tomato Basil Sauce
4 Tablespoons Tomato Paste
1 Cup Shredded Mozzarella
½ Cup Parmesan Cheese

1 Pound Cooked Ground Beef or Cooked Ground Sausage or Cooked Chopped Chicken, (Optional)

Prepare pasta with Italian tomato and basil sauce according to package instructions

Combine tomato paste, cooked meat if using and the prepared pasta with Italian tomato basil sauce

Stir until combined

Place in a casserole dish and top with shredded mozzarella and parmesan cheese

Cover with foil and bake at 350°F for 15-20 minutes or until 165°F internal temperature is reached

Toasted Cheese Pasta Bake

Prep Time: 10 minutes

Total Time: 30 minutes

Serves: 6

1 Package Pasta with Tomato Basil Sauce
4 Tablespoons Tomato Paste
2 Tablespoon Sugar

6 Slices American Cheese
1 Cup Bread Crumbs
3 Tablespoons Melted Butter or Vegetable Oil

Prepare pasta with Italian tomato and basil sauce according to package instructions

Combine tomato paste, sugar and the prepared pasta with Italian tomato basil sauce

Stir until combined

Place in a casserole dish and lay sliced American cheese on top

Combine Butter (or Oil) and bread crumbs. Sprinkle on top of American cheese

Bake at 350°F for 15-20 minutes or until 165°F internal temperature is reached and bread crumbs or toasted

Recipes are available on our website at www.UnitedWaySWMN.org/UAH

