

# One-Pot Beef Rotini

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*Provided by the Auburn Interfaith Food Closet*

Recipe Type: Main dish, winter

Serves: 4-6

Prep Time: 15 minutes Cook Time: 20 minutes



## INGREDIENTS

- 1 tablespoon vegetable oil
- 1/4 cup chopped onion
- 1 lb. ground beef
- 1 cup beef stock
- 1 can (15 oz.) tomato sauce
- 1 cup frozen peas or mixed vegetables (optional)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground black pepper
- 2 cups uncooked rotini pasta
- Grated cheese (Optional)

## DIRECTIONS

1. Heat oil in a large pot or skillet; sauté onions over medium-high heat until soft, about 3-4 minutes.
2. Add ground beef, and brown, breaking up beef into crumbles, until no longer pink. Drain off grease.
3. Add tomato sauce, beef stock and spices.
4. Add dry pasta, and optional frozen vegetables, and bring mixture to a boil.
5. Reduce heat, cover and simmer for 12-15 minutes, or until pasta is cooked *al dente*, or to taste, stirring occasionally. Serve hot, sprinkled with optional grated cheese, to taste.



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