



Pasta Primavera

Ingredients

- ½ ea Yellow Onion
- 1 ea Celery Stalk
- 1 ea Carrot
- 1 ea Red Bell Pepper
- 2 oz Mushrooms
- 12 oz Diced Tomatoes in tomato sauce
- 1 ea Bay Leaf
- ¼ tsp Ground Nutmeg, Thyme & Oregano
- 8 oz Fettuccine Pasta
- 4 oz Grated Parmesan
- 1 oz Fresh Chopped Garlic

At Home Ingredients

- 4 tbl Olive Oil
- To taste Kosher Salt
- To taste Fresh Ground Black Pepper

Kitchen Tools Needed

- 2 Small Bowls
- Rubber Spatula / Flat Spoon
- Chef's Knife
- Cutting Board
- Medium Pot (for boiling pasta)
- Medium Pot (for sautéing vegetables)

Prepare to Cook

When you receive your meal prep box, remove all items and organize on your work surface. If not cooking immediately, place perishable items in the refrigerator. All other ingredients can be left out in dark dry storage till ready to cook.

When ready to cook, get your *Mise en Place* (French for 'things in place') organized on your work surface. Grab all kitchen tools and get ready to cook. BEFORE STARTING, read through each step carefully to have a game plan of how you will be cooking.

Step 1. Cutting & Cooking Vegetables

1. Julienne (thin slices) the onion and red bell pepper. Transfer to a small bowl.

2. Rough chop the mushroom and place in a small bowl
3. Small dice the celery and carrot and place in a small bowl
4. Heat oil in a large pot over medium heat.
5. Add onions and peppers and cook for 3 to 4 minutes
6. Next add mushrooms, cook till browned.
7. Finally add carrots and celery and cook for an additional 3 to 4 minutes.

Step 2. Adding Ingredients to Cooked Vegetables

8. Add garlic and cook for an additional 2 minutes.
9. Add Tomatoes and Sauce and reduce heat to low. Cook the vegetables for 10 to 12 minutes on a low simmer. Stirring intermentinly.

Step 4. Cooking Pasta

10. Cook pasta in a large pot of boiling salted water. Cook until very al dente about 8 minutes when water is boiling Using tongs, transfer pasta to pot with sauce. Add 1 ½ cup of pasta cooking liquid and ½ of the Parmesan. Increase heat to medium, bring to a simmer, and cook, tossing constantly, until pasta is al dente and liquid is slightly thickened, about 4 minutes

Step 5. Plating

11. Transfer pasta to a large bowl and top with remaining parmesan and black pepper garnish with fresh herbs if so desired.
12. Serve and Enjoy!!!!

Thank you for helping a family in need!

Please take a minute to help us get the word out about our CCK Project.

Take any picture or video of you or your family cooking your recipes, being together in the kitchen or your completed dish and post them to our Facebook Page, Community Classroom Kitchen.

Remember we are the #aweSOMecomUnity