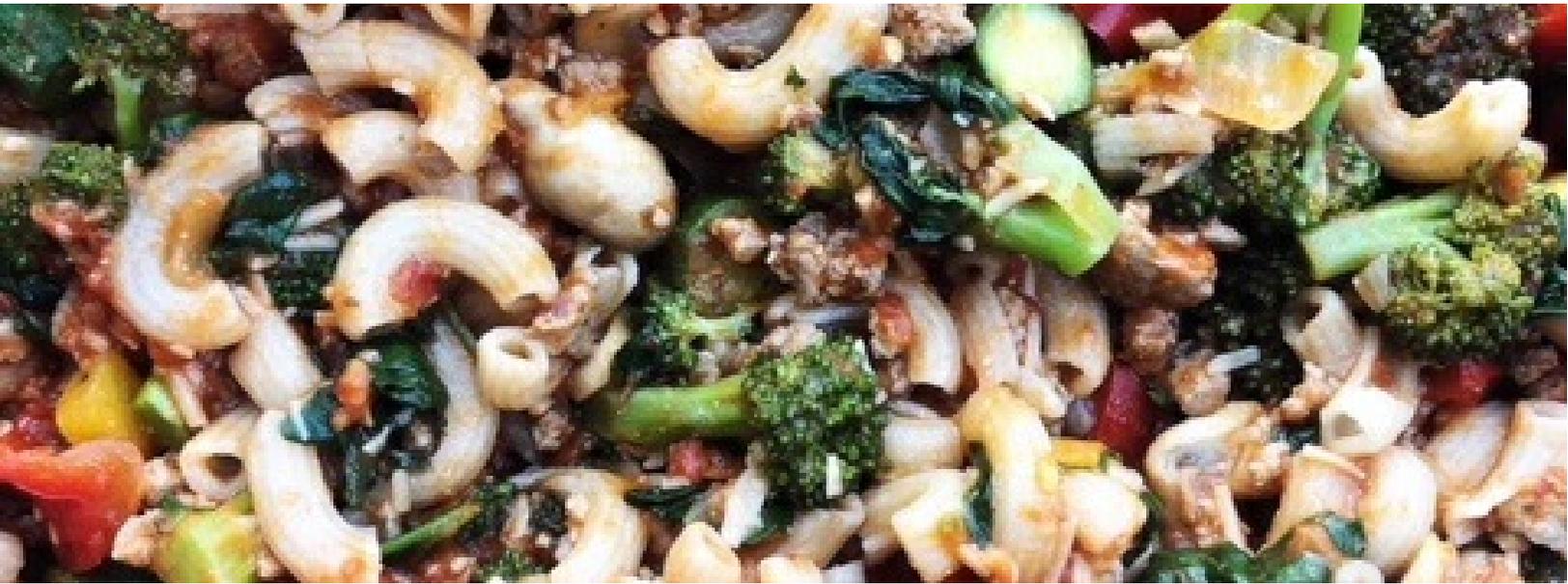


Eat a Rainbow Pasta

15 ingredients · 35 minutes · 5 servings



Directions

1. In a large frying pan cook your ground meat over medium heat until no longer pink (5-10 minutes depending on whether using turkey or beef). Transfer meat to a separate bowl and cover.
2. Fill a large pot with water and bring to a boil. Add pasta and cook according to package directions. Remove from heat and dump pasta into a strainer. Immediately run cold water over the pasta to prevent it from cooking any further.
3. While the pasta is cooking, heat 1 tablespoon of olive oil in the same pan used to cook the meat over medium-high heat (use less oil if you cooked a higher fat meat). Add onions and saute for a few minutes until they become translucent. Add garlic and cook for 2 minutes (monitor so as to not burn). Add the broccoli (or any other hearty veggies) and cook for 5-7 minutes. Next, add peppers and cook for about 5 minutes. Add mushrooms and cook for a couple minutes, combining with other veggies. Finally, add chopped spinach. Add another tablespoon of olive oil (if not using a high fat meat).
4. Add desired amount of marinara sauce into pan with the veggies and mix to combine. Depending on size of pan you can add the meat and pasta to the veggies and combine or put all contents into a large bowl.
5. Season with salt, pepper and red chili flakes, if desired. Top with fresh basil and enjoy!

Notes

Vegetarian/Vegan?

Omit the meat and/or cheese.

Don't have ground turkey?

Use ground beef or ground chicken. This dish is also great with a clean chicken (or pork) sausage.

Meal Prep

Chop all veggies the night before (or morning of) to save time in the evening. This dish stores well in the refrigerator for up to 3 days and is great for lunch.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil (divided)
- 1 **cup** Mushrooms (sliced)
- 2 **cups** Baby Spinach (chopped)
- 4 **Garlic** (cloves, minced)
- 1 **Red Bell Pepper** (chopped into bite size chunks)
- 1 **Yellow Bell Pepper** (chopped into bite size chunks)
- 2 **cups** Broccoli (chopped into bite size pieces)
- 1 **bulb** Yellow Onion (sliced/chopped)
- 16 **ozs** Chic Pea Pasta (uncooked)
- Sea Salt & Black Pepper (to taste)
- 1/2 **tsp** Red Pepper Flakes
- 1 **lb** Extra Lean Ground Turkey (Recommend organic/pasture raised/grass fed if possible. Use)
- 1/2 **cup** Basil Leaves (chopped)
- 1/4 **cup** Shredded Parmesan Cheese (Optional)
- 2 **cups** Marinara Sauce (Choose a clean sauce without added sugar or preservatives..)