



7 EASY STEPS TO QUICK AFFORDABLE FAMILY MEALS

EACH RECIPE SERVES 6-8

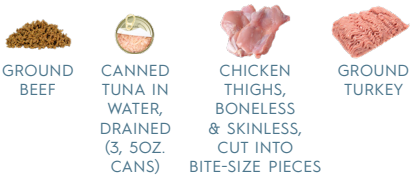
Each recipe = \$10.00 or less & less than 500 calories per serving

1. Pick your favorite PASTA; cook one minute less than package directions. Drain; reserve 2 cups of pasta water.
2. Meanwhile, heat OIL in large skillet over medium heat.
3. Add FLAVORING to skillet and cook until softened and fragrant.
4. Add PROTEIN to skillet; cook, stirring frequently, until done.
5. Add VEGETABLES. Adjust seasoning with salt and pepper, to taste. Sauté.
6. Add BROTH or reserved pasta water; continue to cook until VEGETABLES are softened. Add PASTA and toss with sauce.
7. Remove skillet from heat. Garnish with TOPPINGS.

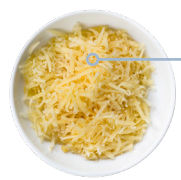
6 1-2 CUPS LIQUID
**LOW SODIUM
VEGETABLE BROTH**
OR



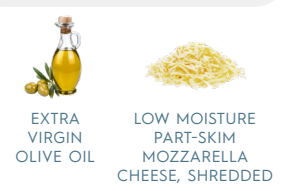
4 1 LB. PROTEIN
**CANNED BEANS,
RINSED & DRAINED**
OR



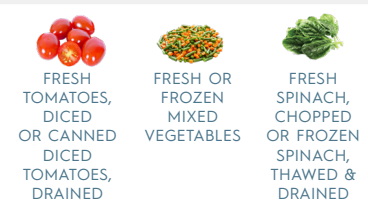
2 2 TBSP. OIL
OLIVE OIL
OR



7 2 TBSP. TOPPINGS
**PARMESAN
CHEESE,
GRATED**
OR



5 2 CUPS VEGETABLES
**FRESH OR FROZEN
BROCCOLI FLORETS**
OR



3 2 tsp. FLAVORING
**DRIED ITALIAN
SEASONING**
OR



1 1 BOX OF PASTA
**BARILLA®
ROTINI**
OR



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*Beyond the Italian, Mediterranean diet, Barilla chefs also use their knowledge and inspiration from working in kitchens all over the world to develop these recipe builders, inspired by healthy global cuisines.