

# Recipes Using Spaghetti Noodles



Neighbors, Inc., South St. Paul, MN 55075

## Menu Makers Spaghetti Soup

### You will need:

$\frac{1}{2}$ cup spaghetti noodles, broken into pieces	$\frac{1}{2}$ half cup onion, diced	3 garlic cloves, minced
1 lb. ground beef or turkey	2 stalks celery, diced	15 oz. jar spaghetti sauce
1 (28 oz.) can diced tomatoes	2 carrots, peeled and diced	5 cups water

### Instructions:

- 🔗 Cook beef or turkey. Drain and return to pan. Add onions and garlic and cook for 2 minutes.
- 🔗 Add carrots, celery, pasta sauce, diced tomatoes with juice and water. Bring to a boil.
- 🔗 Reduce heat to medium low and cook 35 - 40 minutes or until vegetables are tender.
- 🔗 Add spaghetti noodles and cook an additional 10 minutes until pasta is cooked.
- 🔗 Serve with Parmesan cheese sprinkled on top.

## Menu Makers Buttered Spaghetti

### You will need:

6 oz. spaghetti noodles	8 tbsp. butter	2 tbsp. minced garlic, optional
1 tbsp. chopped fresh parsley	1 cup grated Parmesan cheese	dash of cayenne pepper, optional
salt and pepper to taste	fresh baby spinach or basil, optional	lemon juice, optional

### Instructions:

- 🔗 Cook spaghetti noodles for 8 - 10 minutes, or until al dente. Drain. Heat a skillet over medium-low heat.
- 🔗 Very slowly, melt butter with garlic. Season with salt, black pepper and parsley. Add red pepper to taste.
- 🔗 Toss pasta into skillet until well coated with butter mixture. Cook until noodles have absorbed the butter.
- 🔗 Add fresh greens and lemon juice if desired. Serve with grated Parmesan cheese.

## Menu Makers Spaghetti Pie

### You will need:

6 oz. uncooked spaghetti	2 tbsp. butter	2 eggs	$\frac{1}{2}$ cup Parmesan cheese
1 cup ricotta cheese	2 tbsp. parsley	$\frac{1}{2}$ tsp. dried basil	1 cup mozzarella cheese
1 lb. ground beef	$\frac{1}{2}$ small onion, diced	1 (14 oz.) canned tomatoes	2 cups pasta sauce

### Instructions:

- 🔗 Preheat oven to 350 degrees F. Cook spaghetti and drain. Toss with butter
- 🔗 Stir in eggs and Parmesan cheese. Place spaghetti mixture into a greased deep sided pie dish.
- 🔗 Press to form a crust. Combine ricotta cheese, basil and parsley. Spread mixture over spaghetti.
- 🔗 Brown beef and onion until no pink remains. Drain any fat. Add tomatoes and pasta sauce.
- 🔗 Simmer 10 minutes or until thickened. Spread over ricotta cheese. Bake 20 - 25 minutes.
- 🔗 Top with mozzarella cheese and bake an additional 5 minutes or until top is brown. Let cool for 10 minutes.

## Menu Makers Chicken Spaghetti

### You will need:

1 lb. spaghetti	1 tbsp. oil	1 onion, chopped
1 lb. skinless chicken breasts, cut into cubes	1 red bell pepper, chopped	$\frac{1}{2}$ tsp. chili powder
3 tbsp. butter	3 tbsp. flour	2 cups whole milk
1 cup chicken broth	2 $\frac{1}{2}$ cups cheddar cheese	salt and pepper to taste
		parsley, chopped

### Instructions:

- ☞ Preheat oven to 350 degrees F. Cook spaghetti according to package instructions until el dente.
- ☞ In a large skillet over medium heat, heat oil. Add onion and bell pepper. Cook until soft, about 5 minutes.
- ☞ Transfer to a plate. Add chicken to skillet and season with salt and pepper and chili powder.
- ☞ Cook until chicken is golden, about 5 - 8 minutes. Transfer to a plate.
- ☞ Melt butter in a skillet over medium heat. Whisk in flour and cook 1 minute.
- ☞ Add milk and broth and cook until thick, about three minutes.
- ☞ Stir in spaghetti, 1  $\frac{1}{2}$  cups cheddar cheese, peppers, onion, and chicken. Transfer to a baking dish.
- ☞ Top with remaining cheese. Bake until bubbly, about 45 minutes. Garnish with parsley.

## Menu Makers Vegetable Spaghetti

### You will need:

1 lb. spaghetti	1 tbsp. olive oil	2 garlic cloves, minced
2 zucchinis, sliced	1 red onion, thinly sliced	1 tbsp. tomato paste
1 (28 oz.) can diced tomatoes	1 tsp. Italian seasoning	$\frac{1}{4}$ tsp. red pepper flakes
salt and pepper to taste	basil and Parmesan (for garnish)	1 cup pasta water

### Instructions:

- ☞ Cook spaghetti according to package instructions. Reserve 1 cup pasta water then drain spaghetti.
- ☞ In a large skillet over medium heat, heat oil then add garlic and cook until fragrant; about 1 minute.
- ☞ Add zucchinis and red onion. Cook until soft, about 7 minutes. Stir in tomato paste.
- ☞ Add diced tomatoes, Italian seasoning, red pepper flakes, salt and pepper. Simmer 10 minutes.
- ☞ Add spaghetti to skillet and  $\frac{1}{2}$  cup reserved pasta water. Toss and add more pasta water if needed.
- ☞ Garnish with basil and Parmesan cheese if desired.

## Menu Makers Spaghetti Lo Mien

### You will need:

8 oz. uncooked spaghetti	1 cup sliced fresh mushrooms	3 tbsp. oil
1 cup fresh or frozen snow peas	1 clove garlic, minced	4 green onions, cut into 1" pieces
$\frac{1}{4}$ cup chicken or vegetable broth	$\frac{1}{4}$ cup soy sauce	1 tsp. sugar or honey
2 tsp. cornstarch	1 tbsp. water	

### Instructions:

- ☞ Cook pasta according to package instructions. Add 1 tbsp. oil to water. Drain and set aside.
- ☞ In a small bowl, combine broth, soy sauce, sugar, cornstarch and water. Set aside.
- ☞ In a large skillet on medium high, saute the mushrooms, snow peas and onions in 2 tbsp. oil.
- ☞ Cook until ingredients are crisp tender. Add garlic and cook 1 minute longer.
- ☞ Add soy sauce mixture to the skillet and cook a few more minutes, stirring.
- ☞ Add the pasta, toss with the vegetables and sauce until everything is well coated.