

Pasta Bake

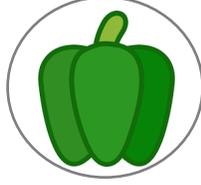
Ingredients



Pasta



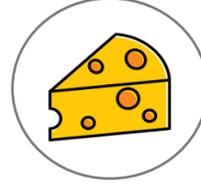
Onion



Bell Pepper



Garlic



Cheese



Pasta Sauce

Instructions

Prep:

Prep Time: 5 minutes

Ingredients:

- 1 box, or 4 cups dry elbow pasta
- ½ onion, diced
- 1 bell pepper, chopped
- 3 cloves garlic, minced
- 2-3 cups cheese, shredded
- 1 can pasta sauce

Optional:

- Add ground beef, pork, or chicken to the sauce for extra protein.
- Use a pasta sauce of your choosing!
- Add other vegetables such as diced carrots, zucchini, squash, and mushrooms for an extra serving of veggies!
- You can use any kind of cheese you would like. Cheddar, parmesan, and mozzarella work great for this recipe. Try mixing cheeses for added flavor.
- Add herbs such as basil and oregano to the pasta sauce when cooking. Add some red pepper flakes if you like it to have some kick to it!
- Stir in some chunks of cream cheese, sour cream, or yogurt to the baking dish for an extra creamy sauce.

Cook:

Cook Time: 30 minutes

1. Preheat oven to 350°F. Lightly grease a baking dish with some oil or butter.
2. Bring a large pot of water to a boil. Add the pasta and cook according to the package directions. Reserve ½ cup of the pasta water, then drain the pasta. Return the drained pasta to the pot and set aside.
3. Heat some oil or butter in a pan over medium high heat. Add the onion and bell pepper to the pan and cook for about 3-4 minutes, or until the vegetables are soft. Add the garlic and cook for about 1 more minute. If you choose to add meat, add it here and cook until meat is browned or heated completely through.
4. Pour the pasta sauce and the ½ cup of pasta water to the pan. Reduce the heat to low and bring to a simmer for about 10 minutes.
5. Pour the meat and sauce mixture from the skillet into the baking dish, then add the pasta and shredded cheese to the baking dish. Mix together well, then bake for 20-25 minutes.
6. Serve and Enjoy!

