



Mid-Week One Pot Creamy Pasta

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



442 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup so delicious dairy free original almond plus almondmilk unsweetened
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 package extra wide egg noodles dried for other options (approximately 1 lb – see post above)
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 0.3 cup flat parsley chopped for garnish
- ☐ 2 tablespoons flour
- ☐ 2 cloves garlic sliced thin
- ☐ 0.5 teaspoon garlic powder

- ☐ 0.5 bell pepper diced green seeded
- ☐ 1 lb ground beef lean
- ☐ 1 medium onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 cup peas frozen
- ☐ 1 pinch chili flakes red
- ☐ 6 servings salt & pepper to taste
- ☐ 1 cup tomato purée
- ☐ 1.5 cups vegetable broth low-sodium

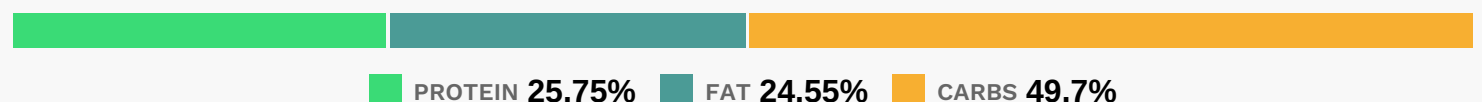
Equipment

- ☐ frying pan

Directions

- ☐ In a large preheated skillet add the oil, followed by the onion, pepper and garlic. Stir to soften. Push the vegetables over to one side and add the meat, stir to brown and cook, 5–8 minutes. Take your time, this stage develops the end flavours.
- ☐ Add flour, stir and cook for another minute. Slowly pour in the milk, stirring vigorously to thicken and prevent lumps.
- ☐ Add the tomato puree, herbs and spices. Cook with a lid slightly ajar on medium high heat for 10–15 minutes. Stirring to prevent sticking, deglazing the pan.
- ☐ Add 1/2 of the broth then the pasta noodles. Bring to a boil then, cover and reduce heat to a simmer. Stir every 5–6 minutes so liquid distributes evenly while cooking.
- ☐ Add more broth 1/2 cup at a time as pasta begins to expand and absorb liquid.
- ☐ Add peas 5–6 minutes before pasta is thoroughly cooked. This is a creamy dish so the pasta will not be al dente. Season to taste with salt and pepper.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:50.96, Glycemic Load:20.2, Inflammation Score:-8, Nutrition Score:27.386087023694%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 442.39kcal (22.12%), Fat: 12.04g (18.52%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 54.82g (18.27%), Net Carbohydrates: 49.55g (18.02%), Sugar: 6.86g (7.62%), Cholesterol: 94.47mg (31.49%), Sodium: 291.94mg (12.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.8%), Selenium: 60.61µg (86.59%), Vitamin K: 55.11µg (52.49%), Vitamin B3: 8.06mg (40.28%), Vitamin B12: 2.28µg (38.04%), Manganese: 0.76mg (37.83%), Zinc: 5.61mg (37.37%), Vitamin C: 30.14mg (36.54%), Phosphorus: 344.3mg (34.43%), Vitamin B6: 0.67mg (33.65%), Iron: 4.77mg (26.5%), Copper: 0.47mg (23.51%), Potassium: 776.79mg (22.19%), Fiber: 5.27g (21.07%), Vitamin E: 3.08mg (20.55%), Vitamin B2: 0.34mg (20.19%), Magnesium: 73.25mg (18.31%), Vitamin B1: 0.27mg (17.78%), Vitamin A: 855.98IU (17.12%), Folate: 66.94µg (16.73%), Vitamin B5: 1.28mg (12.82%), Calcium: 111.1mg (11.11%), Vitamin D: 0.72µg (4.78%)