

CREAMY TOMATO AND SPINACH PASTA

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By: Melissa Shipman

INGREDIENTS

- 1 lb. Box Pasta (I used Rotini, but if you have something else on hand, feel free to substitute)
- 1 Onion, Chopped
- 4-5 Cloves Garlic, Minced
- 1 can Organic Diced Tomatoes
- 1/2 Cup Tomato Sauce
- 1/2 Cup Chicken Broth
- 4 oz. Cream Cheese
- 1/2 Cup grated parmesan (plus additional for topping)
- 4 cups (at least) Organic Spinach, Chopped
- Salt & Pepper to taste
- Olive Oil
- Grilled Chicken (optional to toss in)
- Crushed Red Pepper Flakes (optional if you want to spice it up a little)

DIRECTIONS:

- 1 Get all your ingredients out and start prepping your food (grate cheese, chop onions, garlic, spinach, etc.).
- 2 In a large pot (I used my Dutch Oven), sauté garlic and onions in a little olive oil until onions are translucent.
- 3 Add your diced tomatoes, tomato sauce, and chicken broth, and let simmer for a few. Salt and pepper sauce to taste (and add red pepper flakes if desired).

- 4 While sauce is simmering get your water boiling to cook pasta al dente in another pot.
- 5 While pasta is cooking add your cream cheese, and stir until it has melted thoroughly into the sauce, then add your parmesan and stir into sauce as well.
- 6 Just before the pasta is about done, add your chopped spinach and stir into the sauce until it is cooked down.
- 7 When your pasta is done, drain, and toss into your sauce. Add grilled chicken if desired, and top with fresh basil and your freshly grated parmesan cheese.
- 8 Enjoy!