

---

## Bountiful Harvests

It's August on the High Desert of Oregon and many of us have either grown or been given a mountain of zucchini! Our End of Summer Pasta Skillet features those zucchini (or other summer squash), garden-fresh tomatoes and Oregon-grown lean ground beef. The whole recipe is made in one large skillet to save on clean-up. Try additional vegetables. And feel free to adjust the seasonings to suit your family.

---



## End of the Summer Pasta Skillet

### Ingredients

- 1 pound lean ground beef (15% fat)
- 2 cups whole grain pasta (macaroni, penne, rotelle, or broken pieces of spaghetti)
- 1 medium onion, chopped
- 3 cups warm water that will be added in stages, as needed
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon cayenne pepper (optional)
- 1 ½ tablespoons dried basil
- 1 tablespoon dried oregano
- 2 teaspoons granulated garlic (or 2 cloves garlic, minced)
- 2 cups diced zucchini (about 2 small or 1 large)
- 2 cups diced fresh tomatoes or 1 can (15 oz.) diced tomatoes
- ½ cup grated Parmesan cheese

### How To's

- Brown meat in a large skillet over medium-high heat. Drain excess fat.
- Add the pasta and onions. Stir until onions begin to wilt slightly. Add all seasonings. Add 2 cups hot water. Bring to a boil, then simmer and stir occasionally to keep from sticking. Simmer for about 6 minutes. Add a little more hot water if needed.
- Add the diced zucchini and any additional raw vegetables.\* Bring back to a boil for about 4 minutes. Continue stirring, adding a little more water if needed, until the pasta and vegetables are done.
- Add the fresh tomatoes, turn off the heat to let the tomatoes heat through, but not cook.
- Adjust the seasonings. Stir in cheese.

Refrigerate leftovers within 2 hours.

Yield: About 10 cups, depending upon how many other vegetables are added

Additional veggie ideas: Chopped kale or Swiss chard, canned kidney or garbanzo beans, or artichoke hearts.

Additional garnishes: Chopped fresh basil, a pinch of red pepper flakes, a drizzle of extra virgin olive oil, a few capers, other shredded cheeses like Feta, Mozzarella, or Pepper Jack.

\*If using canned tomatoes, drain slightly, reserving liquid. Add tomatoes with the zucchini. Use reserved tomato juice instead of additional water, if needed.

**Change it up**