

One Pot Broccoli Sundried Tomato Pasta with White Beans

Prep time: 5 minutes

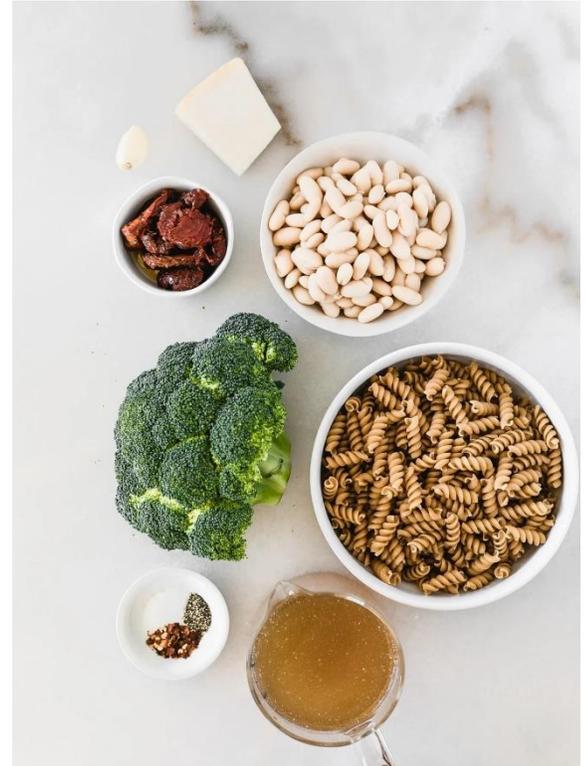
Cook time: 15 minutes

Total time: 15 minutes

Serves 4

INGREDIENTS

- 3 cloves garlic
- ½ cup sun dried tomatoes jarred in extra virgin olive oil
- 1 tbsp of oil from the tomato jar
- 1 large crown broccoli (2-3 cups florets)
- 3 cups uncooked short whole wheat pasta, such as fusilli or bowtie (farfalle) or rotini
- 1 can white beans, drained and rinsed
- 2 cups low sodium vegetable or chicken broth
- 1 cup water
- ½ tsp sea salt
- ½ tsp freshly cracked black pepper
- ¼ tsp red pepper flakes
- ¾ cup freshly grated Parmesan cheese



INSTRUCTIONS

1. Mince the garlic, chop the sun dried tomatoes into ½ inch pieces, and chop broccoli into bite-sized pieces.
2. Heat 1 Tablespoon of the oil from the sun dried tomato jar over medium heat in a large pot with a lid (like a Dutch oven). Add the garlic and sauté for about 1 minute.
3. Add the dry pasta, white beans, broth, water, salt, pepper and red pepper flakes. Stir and cover. Bring to a boil.
4. Simmer pasta, covered, for 13 minutes, stirring every couple of minutes.
5. Add the broccoli to the pot during the last 3-4 minutes of cooking. Stir, cover, and continue cooking.
6. Once pasta is al dente and broccoli is tender crisp, turn off the heat and stir in the Parmesan. Taste and add more red pepper or salt if needed.



NOTES

1. You will need to stir every few minutes to prevent the pasta from sticking and so it cooks evenly. Make sure you replace the lid each time so that the pasta can absorb all of the liquid.
2. Use low sodium broth and white beans, then add salt to taste. If you're using full-sodium versions, you may need less salt.
3. For a vegan version, omit the Parmesan. Feel free to add nutritional yeast to taste for a cheesy flavor.
4. Chickpeas can be used in place of white beans.
5. Lentil, chickpea or quinoa pasta can be used instead of whole wheat fusilli/farfalle/rotini. Check the cooking times to see if comparable to whole wheat pasta.
6. Frozen broccoli florets can be used. Add during the last 5 minutes of cooking.
7. If you prefer more tender broccoli, add it a couple of minutes earlier or chop it into smaller pieces. Larger pieces will take longer to cook.
8. Leftovers can be stored in the refrigerator in an airtight container for up to 4 days.

Grocery list for 30 servings

24 cloves of garlic (assuming 10 cloves per head, 3 heads of garlic) 3 cloves per 3-4 group
4 cups sun dried tomatoes jarred in extra virgin olive oil (assume 10-12 tomatoes per cup, or approximately 1 jar per cup, need 4 jars and divide oil) 6 tomatoes or ½ cup per 3-4 group
8 Tbsp of oil from the tomato jar 1 Tbsp per 3-4 group
8 large broccoli crowns (2-3 cups florets) 1 large crown per 3-4 group
24 cups uncooked short whole wheat pasta, such as fusilli or bowtie (farfalle) or rotini (assume 1 packet of raw pasta is 8 servings, need 3 1 lb. packets) 3 cups per 3-4 group
8 cans of white beans, drained and rinsed 1 can per 3-4 group
15 cups low sodium vegetable or chicken broth (assume a container is 4 cups, need 4 containers) 2 cups per 3-4 group
8 cups of water
4 tsp sea salt ½ tsp per 3-4 group
4 tsp freshly cracked black pepper ½ tsp per 3-4 group
2 tsp red pepper flakes ¼ tsp per 3-4 group
6 cups freshly grated Parmesan cheese (assume 1 cup weighs 3 oz before grating, need 18 oz ungrated Parmesan) 2.5 oz or ¾ cup per 3-4 group

Nutrient Analysis per serving:

Calories 553 per serving
Total fat 10g per serving
Saturated fat 3.5g per serving
Trans fat 0g
Cholesterol 11mg per serving
Sodium 524mg per serving
Total CHO 95g per serving
Fiber 7g per serving
Sugars 4g per serving
Added sugars 0g
Vitamin D 13 IU
Calcium 303mg per serving
Iron 6mg per serving
Potassium 676mg per serving
Protein 27g per serving



<https://livelytable.com/broccoli-sundried-tomato-pasta/#tasty-recipes-14974-jump-target>

Some interesting facts about Broccoli. In Italian it means *the flowering top of a cabbage*. It's a member of the Brassica family of vegetables, also known as cruciferous vegetables, that includes Brussels sprouts, kale, cauliflower, cabbage and greens like mustard, kale, collards and arugula.

When thinking about broccoli several things come to mind: sulforaphane, vitamin K1, lutein and zeaxanthin. Sulforaphane, a sulfur containing molecule, has been studied extensively due to its anticancer properties and vitamin K1 plays a vital role in the blood clotting cascade. Lutein and zeaxanthin are important antioxidants involved in eye health. In some people, excess intake of broccoli can affect their thyroid function (broccoli is a goitrogen).