

Shopping List: Sausage Spinach Pasta Toss

Compile these ingredients for this simple and healthful main dish.

Quantities listed will make one “package” to put with the recipe:

- 1 box whole grain pasta
- 1 can Italian diced tomatoes (14.5 oz)

Notes:

- *Italian diced tomatoes usually have some sugar in them, but it's not much. Try to find cans that have the fewest weird ingredients possible.*
- *There are many items that will have to be purchased fresh for this meal. If you're able to include fresh items for your purposes, add to the shopping list:*
 - *1 bag (at least 5-6 ounces) washed spinach leaves*
 - *1 roll Italian sausage*
 - *shredded mozzarella cheese*
- *Package all supplies in a clear plastic bag or repurposed grocery bag, tied well at the top. Tape the recipe to the outside and include a second on the inside for safekeeping.*

Recipe courtesy of www.KitchenStewardship.com

Recipe: Sausage Spinach Pasta Toss

Ingredients

- 2 cups uncooked short pasta (*about half a box*)
- ½ lb. hot or mild Italian sausage
- 7 cups (6 oz.) baby spinach leaves (*often half a bag or box*)
- 1 can (14.5 oz.) Italian diced tomatoes, undrained
- 1 cup shredded mozzarella cheese
- 2 Tbs grated Parmesan cheese (optional)

Method

Cook pasta as directed on package in a pot. Meanwhile, place meat into a large skillet or pot and cook through, stirring occasionally. Drain grease.

Add spinach and tomatoes. You'll think it's too much spinach, but it cooks down to practically nothing.

Bring to a boil and cook 2 minutes or until spinach is wilted, stirring occasionally.

Drain pasta and add to meat mixture; add cheeses and mix lightly.

Money Saving Tips

- Watch for frozen sausage (in a roll) on sale. Sometimes store brands, even turkey sausage, are included in 10/\$10 sales. (Either freeze the extra raw meat OR cook it all up and pull half out to freeze. This makes a super easy meal like spaghetti later or goes great added to eggs. A little goes a long way – try using only one quarter of that half pound for 6-8 scrambled eggs.)
- Buy bagged spinach when it's on sale, again sometimes in the \$1 per bag sales. If you've tried spinach before and hated it, it may have been canned or frozen. All three are very different, and fresh has the least flavor. It blends right into this dish and you hardly taste it, especially if you chop it up a little smaller. Use the extra from the bag in salads, in any soup or casserole that week (even if it doesn't call for spinach), or lightly steam it (for one minute) and freeze, adding to meals right from the freezer.
- Skip the cheese to be more frugal, or buy a block and shred your own right on the plates with a microplane grater (watch garage sales/yard sales) – the tiny shreds make it seem like you're having more, and if you don't mix it all into the dish, everyone can see and taste their cheese at the table. You can use about half as much with this trick.

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