



The Skinny Guinea
Healthier, family meals... FAST!

A live Zoom cooking lesson lead by
Member Tom DeVincenzo.

October 3, 6:00 pm

Tom has graciously agreed to lend his time and skills to lead our members and friends through a live cooking lesson as he prepares and cooks dinner, as our members and friends prepare and cook "alongside" Tom. Please join us for a fun filled evening as we enjoy live cooking, cocktails and delicious food!

To join by computer (or smart phone):

Go to: <https://zoom.us/j/892501398>
and follow the prompts to get Zoom
(Meeting ID: **892501398**).

EASY, CREAMY PASTA

EQUIPMENT

- Dutch oven or other large pot
- Pasta pot
- Cooking spoon
- Glass of wine or other favorite beverage(s) of choice!

INSTRUCTIONS

1. Heat a pot of salted water until boiling.
2. While the water boils, heat 1 tbsp of olive oil and add the ground beef. Season with salt and pepper. Cook, mixing frequently for about 2-3 minutes then add the garlic. Cook meat until browned (about 5-6 minutes total). Remove meat from pot and set aside in a bowl.
3. In the same pan, add the remaining 1 tbsp of olive oil and heat. Once heated, add the shallot and spice blend. Cook until fragrant (about 1 minute).
4. Add as much of the red pepper flakes as you'd like. Cook for 30 seconds.
5. Add the crushed tomatoes (and tomato sauce if you're making more than a pound of pasta)

INGREDIENTS

This is for 1 lb of pasta. If you're making 1.5 or 2 lbs (like we always do :), feel free to double up the amounts of cheddar, spinach, shallot and seasoning in the recipe. I will typically stick with 1 lb of ground beef though, but feel free to add more of that as well.

- 1 lb ground beef
- 3 cloves garlic, chopped or minced
- 28 oz crushed tomatoes (canned is fine)
- 15 oz tomato sauce canned (only if you're making more than a pound of pasta but not more than 2)
- 1/2 cup cheddar cheese (shredded)
- 1/2 lb spinach
- 1 shallot, minced
- 1/8 tsp crushed red pepper, OPTIONAL (or more if you like it more on the spicy side)
- 1 lb penne rigate (or rigatoni if you prefer)

Seasoning

- 2 tsp onion powder
- 1 tsp garlic powder
- 1/2 tsp flour (all-purpose)
- 1/2 tsp smoked paprika
- 1/2 tsp chili powder

and add the cooked ground beef into the pan. Cook for about 8-10 minutes (or until you reach your desired consistency).

6. While the sauce cooks, add the pasta to the boiling water, cook until al dente (follow the instructions on your pasta). Save 2-3 cups of the water you used to cook the pasta and set both aside.
7. Turn off the heat in the pan and add the cheese. Mix all together.
8. Add the spinach by working in batches. Slowly add as much of the reserved water little by little with each batch of spinach until the spinach is wilted.
9. Once all the spinach is mixed in, add the pasta. Turn to medium heat and cook for 2-3 minutes until all mixed together and hot.