

Hearty Angel Hair Primavera

Tomato sauce simmered with fresh herbs, carrots and onion, served over angel hair pasta and topped with grilled chicken

Hearty Angel Hair Primavera SERVES 2

INGREDIENTS

1 cup

Olive oil 1 teaspoon Carrots, ½ cup chopped

Yellow onions, ½ cup chopped

Parsley, fresh, 1 tablespoon finely chopped

1 tablespoon Basil, fresh, finely chopped

Angela Mia® 2 cups No Salt Added

> Spaghetti Sauce Angel hair pasta, whole wheat, cooked

8 ounces (2 each) Chicken breasts,

boneless and skinless

1 tablespoon Olive oil

1 tablespoon Parmesan cheese

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DIRECTIONS

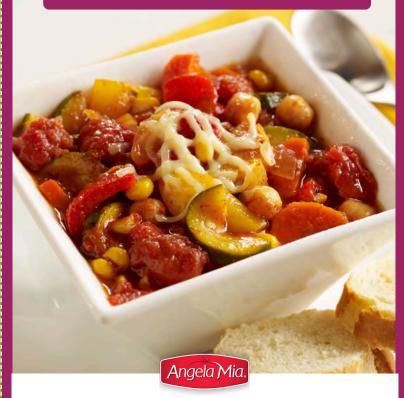
- 1. Heat olive oil over medium heat in small saucepot. Add carrots and onions; sauté until onions are translucent, about 5-6 minutes.
- 2. Add chopped parsley and basil; stir in Angela Mia® No Salt Added Spaghetti Sauce. Simmer over low heat for 20 minutes.
- Toss chicken in olive oil. Grill over medium flame for 4 minutes on each side or until cooked through.

To Make One Portion

Toss cooked angel hair pasta in sauce over low heat for 3 minutes. Serve pasta topped with grilled chicken and sprinkled with 1/2 tablespoon Parmesan cheese.

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ANGELA MIA® NO SALT ADDED **WHOLE PEELED TOMATOES**



Harvest Vegetable Chili

Carrots, zucchini, squash, peppers, onions and chickpeas in a savory tomato sauce, garnished with shredded white cheddar cheese

Harvest Vegetable Chili SERVES 24

INGREDIENTS

3/4 cup

6 cups Carrots, peeled, cut in half horizontally, sliced into half-moons 6 cups Zucchini, cut in half horizontally, sliced into half-moons Yellow squash, cut in 6 cups half horizontally, sliced into half-moons 3 cups Red bell peppers, diced Yellow bell peppers, diced 3 cups 6 cups Onions, peeled, diced Angela Mia® 6 quarts

Vegetable oil

No Salt Added Whole Peeled Tomatoes Chickpeas, canned, 4 cups

drained and rinsed 3 cups Corn, frozen, thawed Oregano, dried 6 teaspoons 6 teaspoons Cumin, ground Chili powder 6 tablespoons 2 tablespoons Sugar, granulated

3 tablespoons Salt

½ cup

2 tablespoons Black pepper, ground Low-sodium vegetable 3 quarts stock

> shredded www.conagrafoodservice.com

White cheddar cheese,

DIRECTIONS

- 1. Heat oil over medium heat in large stockpot or Dutch oven.
- 2. Add carrots, zucchini, squash, red and yellow bell peppers and onions. Sauté vegetables for 8-10 minutes or until tender and beginning to caramelize.
- 3. Add tomatoes, chickpeas, corn, oregano, cumin, chili powder, sugar, salt, black pepper and stock. Stir until combined.
- 4. Bring to simmer and reduce heat to low. Allow chili to simmer uncovered for 45 minutes, stirring occasionally.

To Make One Portion

Ladle 1 cup chili into warm bowl. Garnish with 1 teaspoon white cheddar cheese.

CHEF'S NOTE

This vegetarian chili can be turned into a heartier, meatier dish by adding 3 pounds of ground beef or turkey. Simply cook meat before caramelizing the vegetables.