Skillet Pasta Dinner

6 servings

- 1/2 lb of lowfat ground sausage, turkey or beef
- 1 medium onion, chopped
- 2 cloves (about 1 tsp) garlic, minced
- 1 (15-oz) can tomatoes
- 1 (8-oz) can tomato sauce
- 1 cup water
- 8 oz uncooked tube pasta (ziti, penne, macaroni)
- 2 cups fresh or frozen vegetables (try zucchini and carrots)

1. Brown the ground meat, onion and garlic in a skillet or heavy saucepan. Drain off any grease.
2. Add the tomatoes, tomato sauce, water and uncooked pasta.
3. Cover and simmer for 10 minutes.
4. Add the fresh or frozen vegetables, stir and continue cooking until the pasta and vegetables are tender (about 10 more minutes).

Options

- Sprinkle with parmesan or other grated cheese
- Add black olives
- Garnish with a green edible leaf like Italian parsley