



Fr. Leo's Pantry Pasta

Serves 4 as a Main Course

INGREDIENTS

1 lb. pasta (any type you have on hand) - pre-cooked according to directions below.	¼ cup white wine or broth with lemon juice
1 tbsp. olive oil	½ cup ketchup
2 garlic cloves, minced	¼ cup cheese (ricotta, mozzarella, provolone, or whatever you have)
½ white onion, minced	Grated hard cheese (like parmesan - optional)
1 ground beef hamburger patty (or ½ lb ground beef)	Pinch of Dried herbs (italian mix, basil, oregano, or any other you have)
1 can diced tomatoes (or 1 cup fresh tomatoes, diced)	
1 can mixed vegetables, or 1 bag frozen mixed vegetables	

INSTRUCTIONS

- 1) IN ADVANCE - Boil the pasta to the consistency of al dente (1 - 2 minutes before done). Drain well (reserving ½ cup of the starchy pasta water), toss with 1 TB olive oil and set aside. Divide pasta, keeping ¾ for this recipe and reserving ¼ for this recipe.
- 2) Reserve 1-2 cups of boiled starchy water and set aside
- 3) Heat olive oil in large pan over high heat.
- 4) Once hot, add onions, garlic, and ground beef to the pan and sauté, breaking up the beef until it's separated and browned on all sides.
- 5) Add white wine or broth, tomatoes, mixed vegetables and ketchup, cook until incorporated and thickened
- 6) Add the cheese and stir until it melts and incorporates into the sauce.
- 7) Add some of the reserved pasta water until the sauce reaches your desired consistency.
- 8) Season to taste with salt and pepper.
- 9) Add cooked pasta to the pan of meat sauce and stir to combine.
- 10) Remove the pan from the heat and toss in the herbs.
- 11) Optional - before serving, top with freshly grated Parmesan cheese.



Leftover Frittata

Serves 4 as a Main Course

INGREDIENTS

Reserved pasta from the above recipe
6 eggs, beaten with ½ cup milk or cream
1 hamburger patty or ½ lb ground beef
2 cloves garlic, minced
½ white onion, minced

1 can mixed vegetables, or 1 bag frozen
mixed vegetables
½ cup (or more to taste) shredded cheese -
any kind you have
Salt and pepper to taste
1 TB Olive Oil

INSTRUCTIONS

- 1) Preheat oven to 450°F.
- 2) In a nonstick, oven-safe skillet, heat the olive oil over medium high heat
- 3) Add the onion and sweat until translucent, 3 - 5 minutes.
- 4) Add the garlic and saute for 30 seconds - 1 minute.
- 5) Add the hamburger patty, breaking it up as you stir. Cook until browned on all sides.
- 6) Add the mixed vegetables and saute for 1 - 2 minutes. Season with salt and pepper.
- 7) Add the pasta, warming it up, and evenly distribute the pasta to cover the surface of the pan
- 8) Add the eggs and then top with the shredded cheese. Cook until the outside begins to firm up and pull away from the sides
- 9) Transfer the pan to the oven and bake for 5 - 8 minutes until fully set and beginning to brown.
- 10) Tip the frittata onto a cutting board, slice into wedges and serve.