

ARTICHOKE OLIVES CAPELLINI



Let freshness do a little dance with your palate.

#1307



QUICK NOTES

VEGETARIAN

CALORIES/PERSON (750 CAL)

SLOW COOKER TIME:

MIN. 2 HOURS

MAX. 4 HOURS

GOURMET COOKING TIME:

20-25 MINUTES

LEVEL: EASY

MUST HAVES

SALT

OLIVE OIL

INGREDIENTS

*CAPELLINI PASTA

*CHOPPED ONIONS AND PEPPERS

CRUSHED TOMATOES WITH GARLIC,

*BASIL & CAPERS

*ARTICHOKE OLIVES

*SHAVED PARMESAN

*CAESAR SALAD & DRESSING

*PANTRY BOY SEASONING

*OLIVE OIL

2 people

2 SERVINGS

1/2 CUP

2 SERVINGS

2 SERVINGS

2-OZ

2 SERVINGS

1/2 TEASPOON

2 TABLESPOON

4 people

4 SERVINGS

1 CUP

4 SERVINGS

4 SERVINGS

4-OZ

4 SERVINGS

1 TEASPOON

3 TABLESPOON

Ingredients for this recipe are labeled in YELLOW.

SAFE HANDLING:

Ingredients must be consumed within 3-5 days in order to maintain food quality and to avoid possible food poisoning. Make sure raw poultry and meat are not cross-contaminated with ready to eat ingredients! i.e. if a cutting board and knife are used for cutting meat, both must be washed and sanitized before being used to prepare a salad. Make sure to wash and dry your produce before cooking or consuming!



SLOW COOKING

KITCHENWARE

- SMALL SLOW COOKER (2PPL)
- MEDIUM SLOW COOKER (4PPL)
- MEDIUM POT
- SALAD BOWL



FAST COOKING

KITCHENWARE

- LARGE SKILLET
- MEDIOUM POT
- 2-3 INGREDIENTS BOWLS
- SALAD BOWL

**Unpack and display all recipe ingredients.
Refer to the ingredients chart for measurements.**

OR

Prep Your Slow Cooker

- Drizzle olive oil into the slow cooker; add chopped onions, peppers, add crushed tomatoes with garlic, basil and capers, artichokes & olives and a large pinch of Pantry Boy seasoning.
- Give it a gentle stir.
- Cover.

SET:

- HIGH to cook 4 hours
LOW to cook 6 hours
- Make the pasta and salad prior to meal service time.

Stove Top/Oven Preparation

- Fill medium size pot halfway with water, add a pinch of salt and a few drops of oil and bring to a boil (See below for the following steps to make pasta).
- Add olives oil to a large skillet over medium-high heat; heat until oil is smoking; saute chopped onions and peppers for 3-5 minutes; add artichokes & olives and crushed tomatoes with garlic, basil and capers and a generous amount of Pantry Boy seasoning. Bring to a boil, then reduce heat to low, cover, and simmer for 10 minutes with lid covered. (See below for the finishing steps)

Make the Pasta & Salad

Stir your pasta into boiling water to simmer for 5-8 minutes or until tender to your liking. Turn off the heat and strain the water.

Place salad mixture into the salad bowl and drizzle with dressing and some shaved parmesan cheese (save some parmesan as a garnish to the pasta)

Finish and Serve

Stir the capellini into the sauce and continue to stir until evenly covered with sauce. Divide your pasta among your bowls, garnish with some shaved parmesan and serve with some salad. Yum!
Enjoy!

Remember to share your masterpiece!
www.pantryboy.com

