

## Spinach, Beans and Pasta

5 cups extra virgin olive oil

10 cups defrosted spinach, or 50 cups of fresh spinach

25 cups canned cannellini beans, drained and rinsed well

50 cups canned, diced tomatoes

150 ounces (dry weight) whole wheat pasta

Optional: garlic, herbs (rosemary, basil, thyme, oregano).

Salt and pepper for the vegetables.

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta as directed on the box.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Add any optional ingredients (garlic, herbs) and stir to combine.

Stir in the defrosted spinach; season with salt and pepper. Cook for about 5 minutes.

Add the drained, rinsed cannellini beans; heat on medium 5 to 6 minutes, stirring often.

Add the canned tomatoes; turn the heat to low and heat until the pasta is cooked.

Toss with cooked pasta and serve.

*Calories per serving: 620*

*50 servings*

*Serving size: approximately 3 cups*