

One Pot Creamy Beef and Pasta Dinner

4 cups, 12 ounces (400 grams) uncooked pasta - shells, macaroni that type of pasta

2 tablespoons olive or vegetable oil

1 pound (1/2 a kilo) ground beef

1 medium onion, peeled and chopped

3-4 cloves garlic, peeled and chopped (frozen is fine)

1/2 cup (120 ml) tomato sauce

2 3/4 (650 ml) cups water

1 teaspoon dried parsley

1 teaspoon salt

1/2 teaspoon ground black pepper

1 teaspoon garlic powder

1 teaspoon onion powder

1 teaspoon dried thyme

1 teaspoon dried chives

1 teaspoon dried dill

1/2 cup (120 grams) mayonnaise

1/2 cup nondairy yogurt or sour cream or soy cream (it all works)

4 cups fresh cleaned spinach, loosely packed OR about 3/4 cup defrosted frozen spinach, all liquid squeezed out

Brown onions in oil and add chopped garlic and just warm it in the oil, do not brown! and add ground beef and brown beef in oil, chopping the beef with the side of a spoon to break it up - drain excess fat. Add tomato sauce and spices and cook together briefly and add 2 3/4 cups water, bring to boil and add pasta. Bring the liquid back to the boil and lower flame to a simmer. Cover the pot, and stir twice, replacing cover for about 12 minutes or till pasta is almost tender. Keep pot on low flame and add mayonnaise and soy cream to the beef mixture and stir together. Add the spinach and stir and cover pot just till spinach is wilted and cooked. Shut off flame and let stand a minute or two and serve hot.