Whole Grain Penne With Ground Beef, Roasted Root Vegetables, And Parmesan

This warming dish highlights the sweetness of roasted root vegetables. Try other varieties, depending on what’s in season.

Ingredients

2 1/2 lb. Barilla Whole Grain Penne
15 oz. sliced carrots
15 oz. sliced parsnips
as needed salt
as needed black pepper
3/4 cup extra-virgin olive oil
6 oz. diced onion
1 1/2 lb. ground beef
3 1/2 lb. canned San Marzano tomatoes
1 1/2 cups shredded Parmesan
3 Tbsp. minced fresh parsley

Instructions

Cook the Barilla® pasta for half the time indicated on the package. Drain pasta and drizzle with some olive oil to prevent from sticking. Place pasta flat on sheet trays or hotel pans and cool in a blast chiller. Alternatively, cool it down in a walk-in cooler. Store in zip lock bags or sealed plastic container; refrigerate and use within several hours.

Season the carrots and parsnips with salt and pepper and toss with half of the olive oil. Roast until lightly browned and tender. Set aside.

In a rondeau, sauté the onions in the remaining oil until light golden. Add the beef and cook through. Add the tomatoes and break them up; add 3 cups water and simmer to break down the tomatoes. Season with salt and pepper.

For each serving, to order: Reheat 1 2/3 oz. pasta in simmering water. Drain and add it to a pan with some of the meat sauce and roasted vegetables. Heat through and plate. Garnish with 1 Tbsp. Parmesan and a pinch of parsley.
**Nutritional Info**

This information is per serving.

**Nutrition Facts**

Serving Size 1
Servings Per Container 24

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat 126</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td><strong>Total Fat</strong> 14g</td>
<td>22%</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong> 28mg</td>
<td>9%</td>
</tr>
<tr>
<td><strong>Sodium</strong> 462mg</td>
<td>19%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong> 43g</td>
<td>14%</td>
</tr>
<tr>
<td>Dietary Fiber 7g</td>
<td>28%</td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong> 16g</td>
<td>32%</td>
</tr>
</tbody>
</table>

Vitamin A 62%
Vitamin C 19%
Calcium 10%
Iron 16%

Allergy Information:

*Percent Daily Values are based on a 2,000 calorie diet.

**Please note:** for the purpose of the nutritional assessment, total sodium does not include salt added to the cooking water. When salt is listed "as needed" in the ingredient list, 1 tsp total is included in the analysis.