

Ghoul-lash



Servings: 4

*2 tablespoons olive oil
1 onion, chopped
2 garlic cloves, minced
1 pound ground pork
salt and pepper, to taste
1 tablespoon tomato paste
2 cans whole tomatoes (15-oz each)
1 1/4 cups vegetable stock
1 teaspoon Italian seasoning
1 teaspoon paprika
1 1/2 cups penne pasta
1 cup mozzarella cheese, shredded
fresh parsley, for serving*

In a large pot over medium heat, heat olive oil.

Add onion and cook stirring occasionally until softened about 7 minutes. Add garlic and cook stirring until fragrant about 1 minute.

Add ground pork, season with salt and pepper. Cook breaking up with a wooden spoon until no longer pink about 6 minutes.

Add tomato paste and stir to coat. Pour in whole tomatoes and vegetable stock. Add Italian seasoning and paprika. Stir to combine.

Stir in penne pasta. Bring to a simmer and cook stirring occasionally until the penne is tender about 10-15 minutes.

Stir in mozzarella cheese until melted.

Remove from the heat and top with parsley.

Serve

Per Serving (excluding unknown items): 539 Calories; 25g Fat (42.0% calories from fat); 43g Protein; 35g Carbohydrate; 3g Dietary Fiber; 114mg Cholesterol; 577mg Sodium; 5g Total Sugars; trace Vitamin D; 343mg Calcium; 3mg Iron; 736mg Potassium; 525mg Phosphorus. Exchanges: .