

Primavera Pasta (Instant Pot)

July 26th, 2022

This recipe serves: 6

Prep Time: 00:15

Cook Time: 00:15

"Primavera" is Italian for "Spring". A Primavera Pasta is traditionally a Pasta dish served with Spring vegetables. This quick and easy recipe is somewhat of a "peasant" dish, meaning that it can be made with whatever ingredients that you have available. While you can use any type of pasta, I prefer to use a small-shaped noodle, such as Bowtie (Farfalle) or Penne Pasta. Using the Instant Pot, you can put dinner on the table in less than 30 minutes.

Ingredients:

12 Ounces Kielbasa Sausage

1/2 small Red Onion, cubed

24 Ounces canned Tomatoes (chopped), fresh Roma Tomatoes (diced), or Cherry Tomatoes (quartered)

1 Pound Pasta: Farfalle, Campanelle, Penne, Fusilli, or something similar.

4 Cups (32 Ounces) Vegetable Stock or Chicken Stock

1/4 Cup Heavy Cream (optional)

2 Cloves Garlic, minced or 1/2 Teaspoon Garlic Powder

1/4 Teaspoon Red Pepper Flakes

1/2 Teaspoon Dried Oregano

1 Teaspoon Olive Oil

1 Red Bell Pepper, cubed

1/2 Cauliflower, separated into bite-sized florets

1 Small Zucchini Squash, cut into thin slices

8 Ounces White Cheese, (preferably Mozzarella Cheese), shredded

1 Pinch Salt

1 Pinch Black Pepper, freshly ground

Fresh Basil (optional)

Shaved Parmesan cheese (optional)

Directions:

Dice and sweat the Onion.

Meanwhile, Cut the Kielbasa into thin slices, cutting on the bias.

Sauté the sliced Kielbasa with the Onions, until the Kielbasa begins to brown.

Dice the Red Bell pepper.

In a 6 quart Instant Pot, add the Kielbasa, Tomatoes (and any liquid from the Tomatoes), uncooked Spaghetti, Bell Pepper, Onion, Zucchini, Cauliflower, Vegetable Stock, Garlic, Red Pepper Flakes, Oregano, and Oil. Ensure that the Pasta is fully covered in liquid. Stir until fully mixed.

If desired, add the Heavy Cream.

Cook on high pressure for 6 minutes (for al dente pasta). Use the quick release and wait for the cycle to complete before unlocking and opening the Instant Pot.

Move the contents from the Instant Pot into a large serving bowl and mix well.

Stir in the Cheese, Salt, Pepper, and optional Basil.

Serve with Shaved Parmesan, if desired.