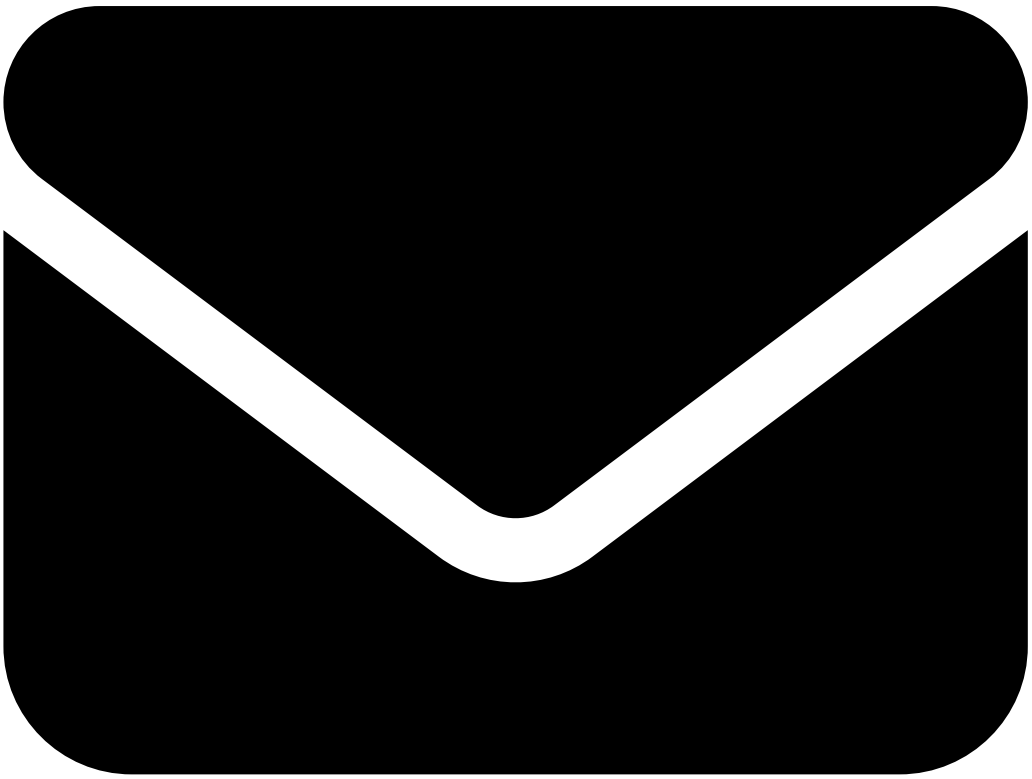
One Pan Spaghetti Primavera

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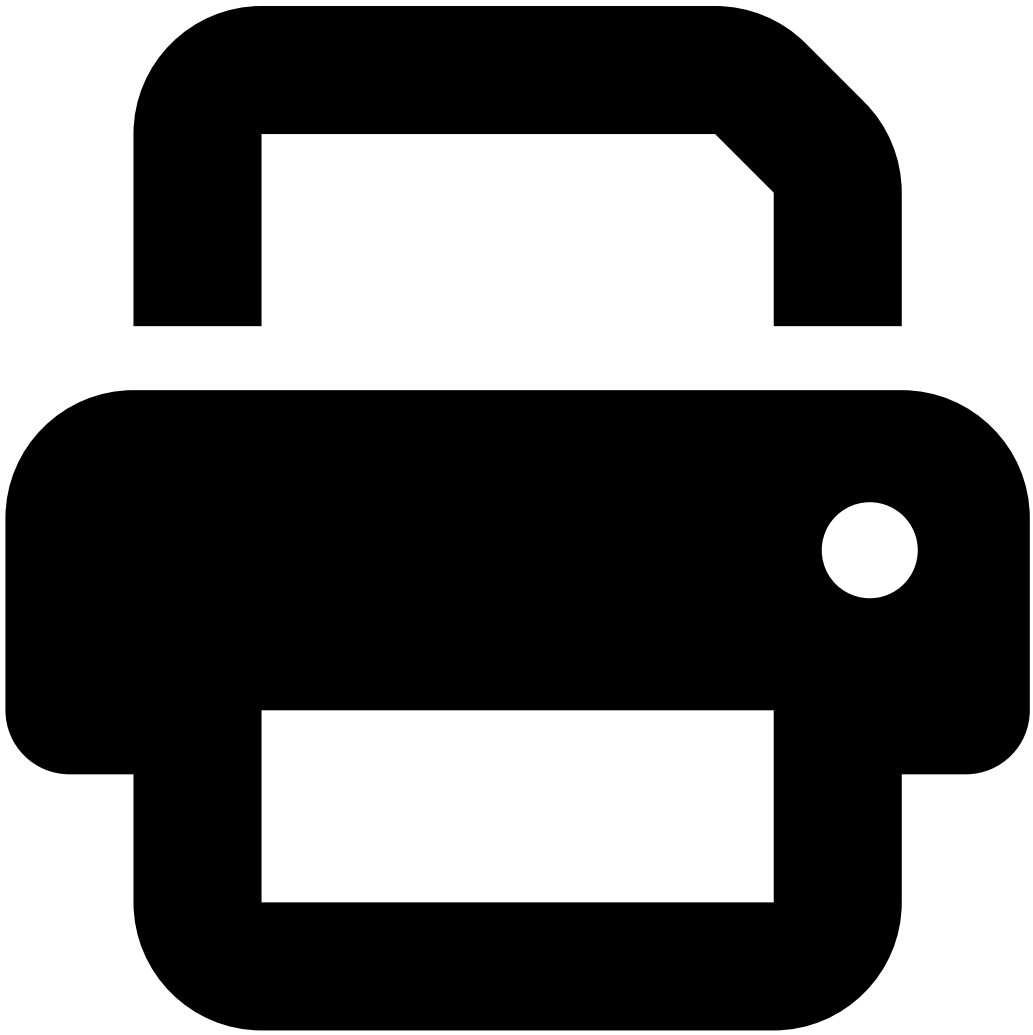









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This One Pan Spaghetti Permavera is a prefect definition of a comforting family meal everyone will love. It’s a beautiful, vegetarian delicious pasta bowl of mushroom, asparagus,broccoli, and tomatoes tossed in a delicious creamy sauce full of Italian flavors, It’s a easy recipe that comes together in less than 30 minutes and the best part you only need one pan.

In case you haven’t notice I love pasta. It’s my favorite go to ingredient, when am stuck for dinner ideas it’s pasta to the rescue. Italians truly love pasta so much so that it ranks first pasta consumption, with Americans close behind. Really what’s not to love? Pasta is versatile, quick, easy, delicious. And with all the shapes and flavors you could have pasta often without repeating the same meal for awhile.

I love one pan meals just about as much as pasta, put those two things together and it’s a Win-Win. Add to that that it’s a vegetarian meal, prefect any night of the week, even

Saturday night dinner with friends.

Three Tips when making One pan Spaghetti Primavera

Number one…..if the sauce is too liquid coat a pat of butter with flour and trow it into the sauce to thicken it more. if it’s too dry add more liquid. another tip if you want crisper vegetables you can add them in stages depending on your taste. Also important is the size saute pan you use when cooking pasta in one pan meals.

This is were size matters, you can find my favorite large saute pan here. A well functioning kitchen should at the very least have three different size saute pans large, medium and small.

One more thing add salt and pepper to the vegetables in the saute pan, salt brings out the flavor in food, but use it sparsely you can add more to adjust flavors according to your taste.

This is a great satisfying vegetarian pasta recipe if you make it please leave me a comment and don’t forget to tag me on Instagram, I love hearing from you, that’s my favorite part!!

One Pan Spaghetti Primavera



Fresh vegetables, tender spaghetti, and Parmesan are cooked together in a creamy one-pan sauce for a light, colorful Italian pasta that's simple, comforting, and full of fresh flavor.

- ½ lb spaghetti
- ½ lb broccoli florets
- 2 cups trimmed asparagus
- 2 cups sliced mushrooms
- 2 cups cherry tomatoes
- 2 cups water or vegetable stock
- 1 cup heavy cream
- 1 cup parmesan cheese
- ½ cup chopped onion
- 2 tbsp chopped garlic
- 2 tbsp each Italian Parsley, basil and thyme
- 2 tbsp olive oil
- Salt and pepper to taste

1. In a large deep saute pan heat the oil to medium
2. Add the onion and garlic saute until tender and just beginning to brown
3. Add The water or vegetable stock and cream
4. Break the spaghetti in half and add to the pan
5. Add the broccoli, mushrooms, tomatoes and asparagus salt and pepper to taste
6. Simmer covered 10 minutes
7. Add the parmesan cheese and herbs simmer 5 minutes longer
8. Mix well top with more parmesan cheese and herbs