

Baked Penne Casserole

1 lb	lean ground beef
1 ½ cups	onions, sliced
2 cups	zucchini, diced
2	carrots, grated
3	garlic cloves, minced
1 can	(796 ml) stewed or diced tomatoes
2 tbsp	soy sauce, sodium reduced
1 tsp	crushed red pepper flakes
2 cups	penne pasta, whole wheat
1 ½ cups	cheddar cheese, shredded

- Preheat oven to 350°F.
- Cook pasta according to package directions to very *al dente* (2 minutes less than package instructions).
- In a large non-stick skillet over medium-high heat, cook beef until no longer pink inside. Drain fat.
- Add onions, zucchini, carrots, garlic, tomatoes, soy sauce, and red pepper flakes. Simmer for 10 to 15 minutes.
- In large baking dish, combine pasta and meat mixture. Sprinkle with cheese and bake, uncovered, for 15 minutes until cheese is golden brown. Makes 6 servings.