



one pot dorm room pasta recipes

PART 1

YOUR MINDLESS RECIPE
GUIDE TO COOKING
BUDGET-FRIENDLY PASTA
DISHES WITH EASE

by Shay Maraj Founder of
The Plug-in Pot™



ABOUT.

This pasta recipe guide is a versatile play book for making delicious pasta recipes in your Plug-in Pot™.

You can use any of these sauces over spaghetti squash, zucchini noodles, or whatever vegetable options if pasta isn't your thing.

These recipes can be made under \$25 and take no more than 30 minutes.



Plug-Pot Mission

Our mission is to be to be a helpful resource for college students to make some delicious and healthy meals with ease.



Ratatouille w/ Penne

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

8 oz penne or spiral pasta
1 eggplant, diced
1 zucchini, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
1 onion, chopped
2 cloves garlic, minced
1 can (14 oz) diced tomatoes
1 teaspoon dried thyme
1 teaspoon dried oregano
Salt and pepper to taste
Olive oil
Grated Parmesan cheese, for serving
Fresh basil or parsley, chopped, for garnish

Directions

1. Heat the olive oil for 30-45 seconds on *Level 2*
2. Add the chopped onion and sauté until it becomes translucent, about 2-3 minutes.
3. Stir in the minced garlic and cook for an additional 30 seconds until fragrant.
4. Add the diced eggplant, zucchini, yellow bell pepper, and red bell pepper to the pot. Sauté for about 5-7 minutes, until the vegetables start to soften.
5. Pour in the diced tomatoes, including their juices. If you're using fresh tomatoes, you can chop them and add them to the pot.
6. Sprinkle in the dried thyme, dried oregano, salt, and pepper. Stir well to combine all the ingredients.
7. Reduce the heat to *Level 1*, cover the pot with a lid, and let the Ratatouille simmer for about 10-15 minutes, or until all the vegetables are tender and the flavors have melded together.
8. Taste and adjust the seasoning as needed.
9. Serve the Ratatouille hot, garnished with chopped fresh basil leaves.



Butternut Squash Brown Butter Sage

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

8 oz penne or farfalle pasta
2 cups butternut squash, peeled and diced
4 tablespoons unsalted butter
10-12 fresh sage leaves
1/2 cup grated Parmesan cheese
Salt and pepper to taste
Chopped toasted walnuts, for garnish (optional)

Directions

1. Bring water to a boil on *Level 2* and add a pinch of salt and the penne or farfalle pasta.
2. Cook until the pasta is al dente. Drain the pasta and set it aside.

3. Steam or par-boil the diced butternut squash and add a splash of water. Cook for about 5-7 minutes, or until tender. Drain any excess water. Place to the side.

4. In the Plug-In Pot, melt the butter using the *Level 1 sauté* function

5. Once the butter starts to melt, add the fresh sage leaves. Allow the butter to continue cooking until it turns a golden brown color and has a nutty aroma. Be sure to watch it closely to prevent burning.

6. Add the cooked butternut squash to the cooker and stir to coat it with the brown butter.

7. Mix in the cooked pasta, stirring gently to combine with the squash and sage-infused butter.

8. Stir in grated Parmesan cheese until everything is well combined.

9. Season with salt and pepper to taste.

10. "Keep Warm" on *Level 1* the lowest heat setting on your electric cooker.

11. Let the mixture warm up for a few minutes to ensure everything is heated through.

12. Serve the Butternut Squash Brown Butter Sage Pasta in plates or bowls, garnished with chopped toasted walnuts if desired.



Southwest Chicken Alfredo

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

1 tablespoon olive oil
1 pound of boneless, skinless chicken breasts, cut into bite-sized pieces
1 teaspoon chili powder
1 teaspoon cumin
1/2 teaspoon paprika
Salt and pepper to taste
1 onion, diced
1 red bell pepper, diced
2 cloves garlic, minced
8 ounces penne pasta
2 cups chicken broth
1 cup heavy cream
1 can (14 ounces) diced tomatoes, drained
1 cup shredded cheddar cheese
Fresh cilantro, chopped (for garnish)

Directions

1. In your Plug-In Pot on *level 2* heat olive oil over medium heat. Add the chicken pieces and season with chili powder, cumin, paprika, salt, and pepper. Cook until the chicken is no longer pink. Remove the chicken from the pot and set it aside.
2. In the same pot, add diced onion and red bell pepper. Sauté until the vegetables are softened.
3. Add minced garlic and sauté for an additional 30 seconds until fragrant.
4. Add the diced eggplant, zucchini, yellow bell pepper, and red bell pepper to the pot. Sauté for about 5-7 minutes, until the vegetables start to soften.
5. Pour in the diced tomatoes, including their juices. If you're using fresh tomatoes, you can chop them and add them to the pot.
6. Sprinkle in the dried thyme, dried oregano, salt, and pepper. Stir well to combine all the ingredients.
7. Reduce the heat to Level 1 low, cover the pot with a lid, and let the Ratatouille simmer for about 10-15 minutes, or until all the vegetables are tender and the flavors have melded together.
8. Taste and adjust the seasoning as needed.
9. Serve the Ratatouille hot, garnished with chopped fresh basil leaves.

Beef Stroganoff

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

1 pound beef sirloin or tenderloin, thinly sliced
1 onion, chopped
2 cloves garlic, minced
8 ounces mushrooms, sliced
2 cups beef broth
1 cup sour cream
1 tablespoon all-purpose flour
2 tablespoons butter
1 tablespoon olive oil
1 teaspoon paprika
Salt and pepper to taste
Chopped fresh parsley, for garnish
Egg noodles or rice, for serving

Directions

1. Set your Plug-In Pot to *Level 2* its sauté function and add olive oil and butter.
2. Add chopped onion and sauté until translucent.
3. Add minced garlic and sliced mushrooms. Sauté until mushrooms are browned and tender.
4. Push the onion and mushroom mixture to the sides of the rice cooker. Add the sliced beef to the center and cook until browned.
5. Sprinkle paprika over the beef and vegetable mixture. Stir to combine.
6. Sprinkle flour over the mixture and stir again to coat the beef and vegetables.
7. Pour in beef broth and stir well to incorporate the flour and create a sauce.
8. Close the lid of the rice cooker and switch to Level 1 for a slow simmer
9. Season with salt and pepper to taste.
10. Serve the beef stroganoff over cooked egg noodles or rice.
11. Garnish with chopped fresh parsley before serving.



Lemon Old Bay Shrimp

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

8 oz linguine or spaghetti
1 pound large shrimp, peeled and deveined
2 tablespoons Old Bay seasoning
2 tablespoons olive oil
Zest of 1 lemon
Juice of 1 lemon
2 cloves garlic, minced
1 cup cherry tomatoes, halved
1/4 cup chopped fresh parsley
Salt and pepper to taste
Grated Parmesan cheese, for serving

Directions

1. Begin by boiling water on *Level 2*
2. Once boiling, add a pinch of salt and the linguine or spaghetti. Cook until the pasta is al dente. Drain the pasta and set it aside.
3. In a bowl, toss the peeled and deveined shrimp with Old Bay seasoning to coat them evenly.

4. In your Plug-in Pot, heat the olive oil on *Level 2* using the sauté function

5. Add the seasoned shrimp to the cooker and cook until they turn pink and opaque, about 2-3 minutes per side. Remove the shrimp and set them aside.

6. In the same cooker, add minced garlic and sauté for about 1 minute until fragrant.

7. Add the lemon zest, lemon juice, and cherry tomato halves. Cook for a few minutes until the tomatoes start to soften.

8. Return the cooked pasta to the cooker and toss to combine with the lemon and tomato mixture.

9. Gently stir in the cooked shrimp and chopped fresh parsley. Season with salt and pepper to taste.

10. If available, switch to a "Keep Warm" setting or the lowest heat setting on your electric cooker.

11. Let the mixture warm up for a few minutes to ensure everything is heated through.

12. Serve the Lemon Old Bay Shrimp Pasta in plates or bowls, garnished with grated Parmesan cheese



Lasagna Soup

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
1 pound ground beef or Italian sausage
1 can (28 ounces) crushed tomatoes
4 cups beef or vegetable broth
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon salt (adjust to taste)
1/4 teaspoon black pepper
1 cup broken lasagna noodles
1 cup shredded mozzarella cheese
1/4 cup grated Parmesan cheese
1/2 cup ricotta cheese
Fresh basil or parsley, chopped, for garnish

Directions

1. Set your Plug-in Pot™ to its sauté function and add olive oil.
2. Add chopped onion and sauté until translucent.
3. Add minced garlic and sauté for about 1 minute until fragrant.
4. If using ground beef or sausage, add it to the rice cooker and cook until browned. If using sausage, make sure to crumble it as it cooks.
5. Pour in the crushed tomatoes and beef or vegetable broth. Stir in dried basil, dried oregano, salt, and black pepper.

6. Add the broken lasagna noodles to the rice cooker. Close the lid and switch to the "Cook" or "Rice" setting. Let it cook for the recommended time for rice.

7. Once the cooking cycle is done, uncover and stir the soup.

8. In a small bowl, mix together the ricotta cheese and grated Parmesan cheese.

9. Ladle the soup into serving bowls. Top each bowl with a spoonful of the ricotta-Parmesan mixture and a sprinkle of shredded mozzarella cheese.

10. Together the ricotta cheese and grated Parmesan cheese.

11. Ladle the soup into serving bowls. Top each bowl with a spoonful of the ricotta-Parmesan mixture and a sprinkle of shredded mozzarella cheese.

12. If desired, place the bowls in the microwave or under a broiler for a minute to melt and lightly brown the cheese on top.

13. Garnish with chopped fresh basil or parsley.

Creamy Cajun Salmon

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

8 oz penne or fettuccine pasta
2 salmon fillets
2 tablespoons Cajun seasoning
2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, minced
1 red bell pepper, sliced
1 cup sliced mushrooms
1 cup heavy cream
1 cup chicken or vegetable broth
1/2 cup grated Parmesan cheese
Salt and pepper to taste
Chopped fresh parsley, for garnish

Directions

1. Begin by bringing water to a boil on *Level 2*
2. Once boiling, add a pinch of salt and the penne or fettuccine pasta. Cook until the pasta is al dente. Drain the pasta and set it aside.
3. Rub Cajun seasoning onto the salmon fillets to coat them evenly.
4. In your Plug-in Pot™ heat olive oil using *Level 2* sauté
5. Add the Cajun-seasoned salmon fillets and cook for about 3-4 minutes on each side, or until cooked to your desired level of doneness. Remove the salmon and set it aside.
6. In the same cooker, add chopped onion and sauté until translucent.
7. Add minced garlic and sauté for about 1 minute until fragrant.
8. Add sliced red bell pepper and mushrooms. Sauté until the vegetables start to soften.
9. Pour in heavy cream and chicken or vegetable broth. Stir to combine.
10. Return the cooked pasta to the cooker and mix it with the creamy sauce.
11. Gently flake the cooked salmon and add it to the pasta and sauce.
12. Stir in grated Parmesan cheese and season with salt and pepper to taste.
13. If available, switch to *Level 1* "Keep Warm" setting or the lowest heat setting on your electric cooker.
14. Let the mixture warm up for a few minutes to ensure everything is heated through.
15. Serve the Creamy Cajun Salmon Pasta in plates or bowls, garnished with chopped fresh parsley



Garlicky Lemon Chicken Orzo

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

1 cup orzo pasta
2 boneless, skinless chicken breasts
2 tablespoons olive oil
4 cloves garlic, minced
Zest of 1 lemon
Juice of 1 lemon
2 cups chicken broth
1 cup water
1 cup baby spinach
Salt and pepper to taste
Grated Parmesan cheese, for serving
Fresh parsley, chopped, for garnish

Directions

1. In a bowl, season the chicken breasts with salt, pepper, and a drizzle of olive oil.

2. Begin by boiling water in the electric cooker on *level 2*. Once boiling, add a pinch of salt and the orzo pasta. Cook until the pasta is almost al dente. Drain the pasta and set it aside.

3. On level 2 for 30 seconds heat olive oil using the sauté function

4. Add the seasoned chicken breasts and cook for about 3-4 minutes on each side, or until cooked through. Remove the chicken and set it aside.

5. Add minced garlic and sauté for about 1 minute until fragrant.

6. Add the cooked orzo to the cooker and mix it with the sautéed garlic.

7. Pour in chicken broth, water, lemon zest, and lemon juice. Stir to combine.

8. Return the cooked chicken to The Plug-in Pot, placing it on top of the orzo mixture.

9. If available, switch to *Level 1* the lowest heat setting on your electric cooker.

10. Let the mixture warm up for a few minutes to ensure everything is heated through.

11. Gently stir in baby spinach until wilted.

12. Serve the Garlic Lemon Chicken Orzo in plates or bowls, garnished with grated Parmesan cheese and chopped fresh parsley.

