

# no-boil baked penne with meatballs

author: [lindsay](#)

prep time: 10 mins

cook time: 45 mins

total time: 55 minutes

yield: 6 servings



## DESCRIPTION

Baked Penne with Meatballs! No-boil, fail-proof, garlic-buttery, easy dreamy weeknight dinner. SO GOOD!

## INGREDIENTS

SCALE

### Baked Penne:

- 8 ounces **whole wheat penne pasta** (half of the box)
- 1 28-ounce can **crushed fire roasted tomatoes**
- 2 cups **milk** (I used whole milk)
- 1/2 cup [Land O Lakes® Butter](#), melted
- 3 cloves **garlic**, minced
- 1 teaspoon **garlic powder**
- 1 teaspoon **onion powder**
- 2 teaspoons **oregano**
- 1–2 teaspoons **salt** (I use 2 teaspoons of coarse kosher salt)
- **meatballs, cooked shredded chicken**, or other **protein of choice**

### At the end:

- a few handfuls of **spinach**
- grated **Parmesan cheese** for topping

## INSTRUCTIONS

1. Preheat oven to 400 degrees.
2. Mix all of the baked penne ingredients together in a 9×13 baking dish. Cover tightly with foil (double layer isn't a bad idea).
3. Bake for 35-40 minutes.
4. Remove foil (HOT HOT HOT) and give it a stir. Add spinach and top with Parm, and brown it up for 3-5 minutes under the broiler. Let it stand for a few minutes so the sauce has a chance to thicken up. Voila!

## NOTES

**Protein:** This is delicious with meatballs (I used these [chicken meatballs](#)), and also delicious with a pound of cooked shredded chicken. If you do not include any protein, you will probably have a bit more sauce than what you need. As written, the base gives you enough sauce to coat the noodles AND the additional protein.

**Veggies:** Seems like kale would also do really well in this recipe.

**Garlic Thoughts:** I find that garlic powder and onion powder gives a distinct flavor that doesn't replace fresh garlic but fills out the recipe really nicely. It gives some of the same savory flavor as what you might get if you added a packet of dry ranch or Italian seasoning or something... without using a packet of dry ranch or Italian seasoning.

**Al Dente Seekers:** 30 – 35 minutes = slightly al dente pasta. 40 minutes = softer noodles. Keep in mind that the noodles soften as they cool / move into the leftovers stage.

Serves 6

Calories Per Serving: **391**

		% DAILY VALUE
Total Fat 19.2g	<b>25%</b>	Cholesterol 48.8mg <b>16%</b>
Sodium 1034.4mg	<b>45%</b>	Total Carbohydrate 46.3g <b>17%</b>
Dietary Fiber 8.3g	<b>30%</b>	Sugars 11.7g
Protein 8.4g	<b>17%</b>	Vitamin A 255.3µg <b>28%</b>
Vitamin C 9.7mg	<b>11%</b>	

**Keywords:** baked penne, penne with meatballs, no boil penne

### DID YOU MAKE THIS RECIPE?

Tag @pinchofyum on Instagram and hashtag it #pinchofyum

**Find it online:** <https://pinchofyum.com/garlic-butter-baked-penne>