

# 30-Minute One-Pot Comforts (Feeds 4)

## Soups • Stews • Pastas • Chilis

One pot • ~30 minutes • Pantry-first

### Lane Overview

- **Soups**  
Tomato-Chickpea Soup: A cozy, hearty classic.  
Rotisserie Chicken Noodle: Easy and quick with pre-cooked chicken.
- **Stews**  
Fast Potato-Corn Stew: Filling and warming.  
Lentil-Sausage Stew: A protein-packed, comforting stew.
- **Pastas**  
Creamy Tomato Shells: Quick and creamy comfort.  
Garlic-Lemon Tuna Pasta: Fresh, light, and flavorful.
- **Chilis**  
Beef-and-Beans Chili: Rich, hearty, and satisfying.  
3-Bean Pantry Chili: Quick and easy with pantry staples.



### Shopping List

#### Proteins

- 1 rotisserie chicken (for soup & pasta)
- 1 lb sausage (for stew)
- 1 can tuna (for pasta)
- 1 lb ground beef (for chili)

#### Canned & Pantry

- 1 can chickpeas
- 1 can tomato paste
- 1 can diced tomatoes
- 1 can corn
- 1 can kidney beans
- 1 can black beans
- 1 can white beans
- 1 lb pasta (shells or your choice)
- 1 box chicken broth
- 1 lb lentils

#### Produce

- 4 medium potatoes
- 2 carrots
- 1 lemon
- 1 onion
- 4 cloves garlic
- 1 bunch fresh parsley (optional)

#### Dairy & Optional

- 1 cup heavy cream or milk (for pasta)
- 1/2 cup shredded cheese (optional)

### 30-Minute Timer Chart

- **Prep:** 5–10 minutes
- **Simmer:** 15–20 minutes
- **Finish & Serve:** 2–5 minutes

Applies across all four lanes.

### Pantry Swap Grid

Protein Swaps	Veg Swaps	Broth / Sauce Swaps
Swap sausage for ground turkey, chicken, or beef.	Swap potatoes for sweet potatoes or squash.	Use vegetable broth in place of chicken broth for a vegetarian option.
Use extra beans in place of meat for a vegetarian option.	Use frozen vegetables like peas, corn, or spinach.	Swap heavy cream with milk or a dairy-free alternative.

### Cost Snapshot

**DIY one-pot:** ~\$1.50–\$2.20 per serving\*  
**Takeout equivalent:** ~\$7–\$10 per serving\*

\*Prices are illustrative. Check local pricing and dietary labels.