

Frugal Pumpkin Pasta

Pasta served with a delicious, light, economical sauce for a warm fall or winter meal. Serve with garlic bread and peas.

Recipe by [Valentin Rodriguez](#) | Created on **Mar 9, 2022**

Ingredients

- 1 (16 ounce) package spaghetti
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- ½ red onion, chopped
- 2 cups chicken stock
- 1 (15 ounce) can pumpkin puree
- ½ cup fat free half-and-half
- 1 dash hot pepper sauce
- 1 pinch ground cinnamon
- 1 pinch ground nutmeg
- salt and ground black pepper to taste
- 1 (8 ounce) package goat cheese, crumbled

Directions

- Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.
- Heat the olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the chicken stock, pumpkin puree, and half-and-half. Season with hot pepper sauce, cinnamon, nutmeg, salt, and pepper. Reduce heat to medium-low and simmer until sauce has thickened, about 4 minutes. Toss goat cheese into pumpkin sauce and heat through. Serve over pasta.

Nutrition Facts

Serving: **4 servings** | Calories: **752.1 kcal** | Carbohydrates: **99.3 g** | Protein: **29.4 g** | Saturated fat: **13.5 g** | Cholesterol: **46.7 mg** | Sodium: **950.3 mg** | Fiber: **7.2 g** | Sugar: **10.4 g**

Categories

Main Dish Recipes

Pasta

Spaghetti Recipes