

# Creamy Spinach Tomato Pasta

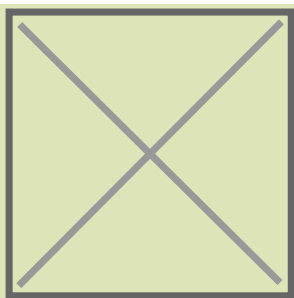
Creamy Spinach Tomato Pasta is a dish that celebrates balance: hearty pasta, bold tomato flavors, creamy sauce, and the fresh brightness of spinach and basil. It's a one-pot meal that delivers comfort and elegance in every bite. With sun-dried tomatoes adding intensity and Parmesan melting into a velvety sauce, this pasta feels restaurant-worthy yet comes together quickly.

Whether you're cooking for a busy weeknight dinner or preparing something cozy for family and friends, this recipe has everything you need: flavor, convenience, and a touch of indulgence.

## Why Creamy Spinach Tomato Pasta Stands Out

This recipe is more than just another creamy pasta dish. The sun-dried tomatoes bring concentrated flavor, the spinach adds freshness and nutrients, and the cream ties everything together with richness. Cooking the pasta directly in the sauce allows every piece to absorb layers of flavor, making the dish more cohesive.

Unlike traditional tomato pasta sauces, which can be sharp or acidic, the addition of cream softens the tang while Parmesan adds depth. Basil brightens the final result, ensuring that the dish feels balanced rather than heavy.



## Creamy Spinach Tomato Pasta

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- Author: [Aaron recipes](#)
- Total Time: [35 minutes](#)
- Yield: [4 servings](#) 1x

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### Description

A creamy pasta dish with penne, sun-dried tomatoes, spinach, and Parmesan in a rich tomato cream sauce. Perfect for weeknights or casual entertaining.

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## Ingredients

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- ☐ 14 ounces penne pasta
  - ☐ 4 cups chicken stock
  - ☐ 1 medium onion, chopped
  - ☐ 1 cup heavy whipping cream
  - ☐ 4 to 5 ounces fresh spinach
  - ☐ 1 cup sun-dried tomatoes in olive oil, chopped
  - ☐ 1 tablespoon sun-dried tomato oil
  - ☐ 1/3 cup tomato paste
  - ☐ 1 teaspoon red chili flakes
  - ☐ 5 garlic cloves, minced
  - ☐ 1/2 cup freshly shredded Parmesan cheese
  - ☐ 1/4 cup fresh basil
  - ☐ 1 teaspoon kosher salt
  - ☐ 1 teaspoon black pepper
  - ☐ **Cook Mode** Prevent your screen from going dark
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## Instructions

1. Heat sun-dried tomato oil in a pot over medium-high heat. Add onion and cook until golden.
2. Add garlic and sun-dried tomatoes. Cook 2–3 minutes, stirring often. Stir in tomato paste and cook 2 minutes more.

3. Slowly add chicken stock, stirring to deglaze. Pour in cream and mix well. Season with chili flakes, salt, and pepper.
4. Add penne pasta. Reduce heat to low-medium. Cook uncovered for about 10 minutes, stirring often, until pasta is nearly cooked.
5. Stir in spinach and basil until spinach wilts. Add extra stock if needed.
6. Stir in Parmesan until melted and creamy. Adjust seasoning.
7. Serve hot with extra basil and Parmesan on top.

## Notes

Use vegetable stock for a vegetarian option. Add chicken, shrimp, or sausage for more protein. Increase chili flakes for extra heat.

- Prep Time: 10 minutes
- Cook Time: 25 minutes
- Category: Dinner
- Method: One-Pot
- Cuisine: Italian-American

## Nutrition

- **Serving Size:** 1 plate
- **Calories:** 520
- **Sugar:** 7
- **Sodium:** 630
- **Fat:** 26
- **Saturated Fat:** 14
- **Unsaturated Fat:** 9
- **Trans Fat:** 0.3
- **Carbohydrates:** 55
- **Fiber:** 4
- **Protein:** 18
- **Cholesterol:** 80

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## Key Ingredients and Their Role

Each ingredient contributes something essential to the final dish:

- **Penne pasta:** Its ridged surface holds onto creamy sauces, making it the perfect choice.
- **Chicken stock:** Infuses the pasta with savory flavor while it cooks. Vegetable stock works as a vegetarian substitute.
- **Onion and garlic:** Provide the aromatic foundation.
- **Sun-dried tomatoes:** Deliver a concentrated tomato punch that fresh tomatoes can't match.
- **Tomato paste:** Adds richness and color, amplifying the sauce.
- **Sun-dried tomato oil:** Enhances flavor and ties the dish together.
- **Heavy cream:** Brings smoothness and balances acidity.
- **Spinach and basil:** Add freshness, color, and nutrients.
- **Parmesan cheese:** Melts into the sauce, giving it body and nutty richness.
- **Seasonings:** Chili flakes for heat, salt and pepper for balance.

## Building Flavor Step by Step

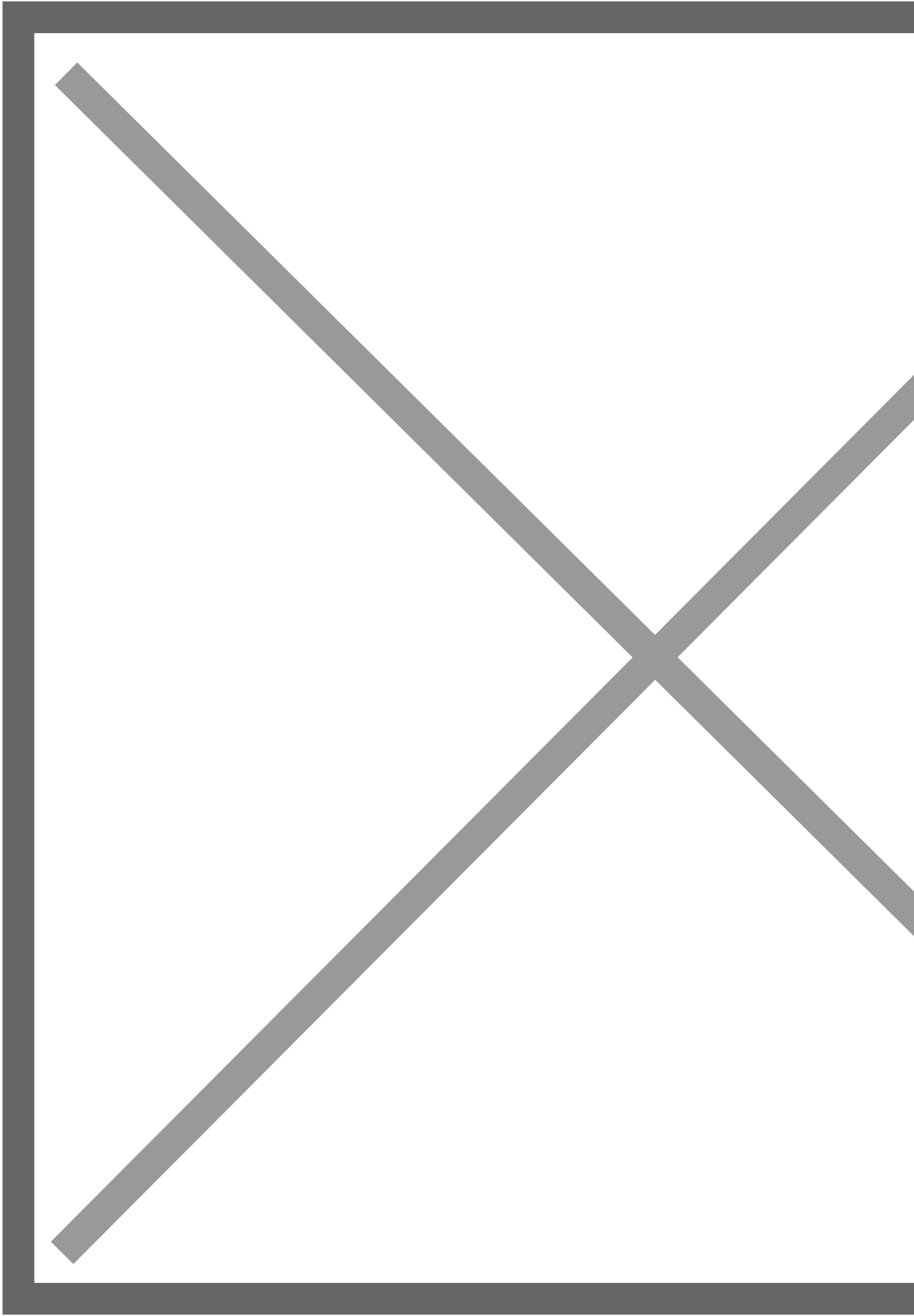
The process of cooking this dish is simple but intentional:

### 1. Sautéing the Vegetables

Cooking onions until golden develops sweetness. Garlic and sun-dried tomatoes build intensity, while tomato paste deepens the base flavor. These layers ensure the sauce tastes complex even though it cooks quickly.

### 2. Building the Sauce

Deglazing with chicken stock incorporates caramelized flavors from the pot. Cream transforms the mixture into something velvety and smooth. Chili flakes, salt, and pepper round out the seasoning.



### 3. Cooking Pasta in Sauce

Instead of cooking pasta separately, penne is simmered in the sauce. This method allows starch from the pasta to thicken the liquid naturally. The pasta absorbs the savory tomato and cream flavors, creating a more unified dish.

### 4. Adding Spinach and Basil

Spinach wilts just enough to blend into the pasta, while basil adds fragrance and brightness. This step ensures the dish feels fresh despite the creamy sauce.

### 5. Finishing with Parmesan

Parmesan melts into the pasta, binding sauce and noodles. Its nutty, salty character elevates the dish from simple to unforgettable.

## Serving Suggestions

This pasta works beautifully as a standalone meal but pairs well with complementary sides:

- **Garlic bread or focaccia:** Perfect for scooping up leftover sauce.
- **Green salad with vinaigrette:** Balances the creaminess.
- **Roasted vegetables:** Asparagus, zucchini, or broccoli add texture and nutrition.

For drinks, a glass of Pinot Grigio or Sauvignon Blanc complements the flavors. For non-alcoholic pairings, sparkling water with lemon or iced herbal tea keeps the palate refreshed.

## Variations and Customizations

One of the best things about Creamy Spinach Tomato Pasta is how flexible it is:

- **Protein boost:** Add shrimp, chicken, or Italian sausage.
- **Vegetarian swap:** Use vegetable stock and skip the meat.
- **Extra cheesy:** Mix in mozzarella for extra creaminess.
- **Spicy twist:** Add more chili flakes or a dash of hot sauce.
- **Alternate greens:** Use kale or arugula in place of spinach.

If you're in the mood for another indulgent creamy pasta, try this [Creamy French Onion Pasta](#). It features caramelized onions, Gruyere, and rich sauce for a completely different, yet equally irresistible, flavor experience.

## Tips for Success

- **Use fresh Parmesan:** It melts better and gives superior flavor.
- **Stir pasta often:** Prevents sticking and ensures even cooking.
- **Taste before adding salt:** Parmesan and sun-dried tomatoes are naturally salty.
- **Add cream after stock:** This prevents curdling.
- **Wilt spinach at the end:** Keeps its color and nutrients intact.

## Storage and Reheating

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently on the stovetop with a splash of stock or cream to revive the sauce. Avoid reheating on high in the microwave, which may cause separation.

This dish doesn't freeze well due to the cream and spinach, so enjoy it fresh or within a few days.

## Frequently Asked Questions

### **Can I use a different pasta shape?**

Yes, fusilli, rigatoni, or farfalle work well.

### **Can I substitute heavy cream?**

You can use half-and-half or evaporated milk, though the sauce will be lighter.

### **Do I need sun-dried tomato oil?**

It adds depth, but olive oil is a fine substitute.

### **What if the sauce thickens too much?**

Add a splash of stock or water to loosen it.

### **Can I double the recipe?**

Yes, just use a larger pot and stir pasta frequently for even cooking.

## Conclusion

Creamy Spinach Tomato Pasta is the perfect blend of rich, savory, and fresh. With one pot and a handful of flavorful ingredients, you can create a dish that feels indulgent yet balanced. The sun-dried tomatoes give boldness, spinach adds vibrancy, and Parmesan completes the sauce with nutty depth.

It's easy enough for a weeknight but elegant enough for a dinner party. Serve it with garlic bread, salad, and your favorite drink, and you'll have a complete, satisfying meal.