Mother Nature's Favorite Veggie Pasta

8 oz. whole wheat spaghetti
2 cups vegetable stock
salt and pepper – to taste
6 cloves garlic, raw (minced or sliced)
1 Tb Italian seasoning
½ cup chopped onion
1 ½ cups sliced mushrooms
4 large carrots , sliced
2 cups broccoli, cut in large pieces
½ red bell pepper, chopped
4 large handfuls spinach, chopped
2 oz. goat milk cheese

Cook pasta according to package instructions. Pour enough stock to cover the bottom of a large skillet. Simmer salt, pepper, garlic, onions, mushrooms, and carrots until the carrots are soft enough to stick with a fork. Add stock along the way to keep the pan from burning.
Add broccoli and bell pepper and simmer until the broccoli is almost tender enough to eat. Add spinach and simmer until spinach completely cooked. Add pasta and cheese. Mix until pasta is heated and everything is well mixed.
Serve and enjoy!

Serves 4-5

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