

Vegetable Packed Cheesy Pasta

Ingredients

12 oz box *protein plus pasta
1 vegetable broth concentrate pouch
3/4 cups water
2 medium carrots, cut into 1 inch pieces
1 cup chopped cauliflower
1 cup frozen butternut squash
3/4 tsp salt
1/4 tsp pepper
1/4 tsp mustard powder
1/4 tsp minced garlic
1/4 tsp paprika
1/4 cup whole milk + 2 Tbs
1 1/4 cups shredded cheddar cheese
4oz cream cheese



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Directions

Steam veggies for 5-7 minutes until tender. Set aside to cool slightly so vegetables are no longer steaming.

Begin boiling pasta according to package instructions, drain.

Add steamed vegetables, stock, water, and spices into blender and blend until smooth (be sure to allow steam to vent).

Whisk together pureed vegetables, milk, and cheeses at a simmer in sauce pan until smooth and creamy - you may need to add a little extra milk if the sauce is too thick - this is all personal preference.

Combine pasta and little bit of sauce at a time, you may not need all the sauce... Enjoy!