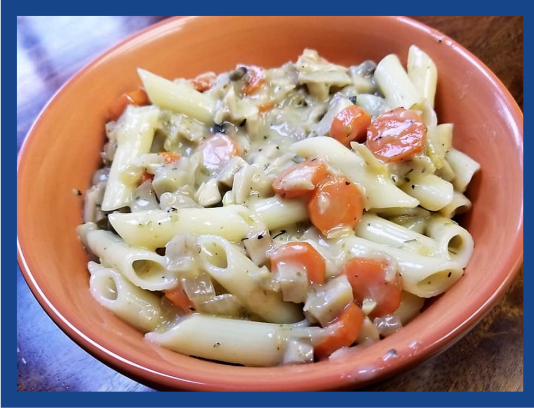


# Pot Pie Pasta

Author: Amber Gibson



Makes 3 servings  
Serving: 1/2 cup  
Protein per serving: 1.5 g  
Calories per serving: 196

## Ingredients:

- 80 g Penne, dry (Low Protein)
- 100 g Jackfruit, Young in Brine, drained and seeds removed, roughly chopped
- 1/2 tsp Italian Seasoning
- 2 TBSP Oil, Olive, divided
- 60 g Mushrooms, white or brown (Cremini), medium, whole, diced
- 30 g Diced Onions
- 1/2 c Thinly Sliced Carrots
- 1 clove(s) Garlic, fresh cloves, chopped
- 1/2 c Vegetable Broth
- 1 tsp Chicken-Flavored Consommé & Seasoning,
- 1/2 c Coconut Milk Beverage, Unsweetened
- 1/8 tsp Curry Powder

## Directions:

1. Cook the penne pasta, rinse, and set aside.
2. Place the chopped jackfruit in a bowl and toss with the Italian seasoning. Set aside. In a medium skillet, preheat 1 tablespoon olive oil over medium heat. Add mushrooms and sauté until lightly browned. Remove from pan and set aside.
3. Heat one tablespoon oil over medium heat. Add the onions and carrots and sauté for 5 minutes. Add the garlic and sauté for one minute, stirring constantly. Add the jackfruit and sauté for 3 to 4 minutes. Add the vegetable broth, consommé powder, coconut milk, and curry powder. Cook on medium heat until thickened and carrots are fork tender. Add the cooked penne and gently toss. Serve immediately.