

# Samantha's "Beefy" Mac



*Makes about 3 servings | 1 serving = 2 oz | 1.1 grams protein per serving*

## Ingredients:

- 112 g Aproten Penne, dry
- 2 TBSP Olive Oil
- 2 TBSP Diced Raw Onions
- 1 clove(s) Garlic, minced
- 1/4 c Universal Ground Beef
- 7 g Cambrooke Foods Burger Patty Mix
- 1/4 tsp Smoked Paprika
- 1 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1 TBSP Shake 'N Cheese
- 1/2 c Canned tomato sauce
- 1 oz. Violife Just Like Cheddar Shreds
- 2 TBSP Rice milk

## Directions:

1. Cook pasta according to directions on the package.
2. While the pasta cooks, heat the olive oil in a medium skillet over medium heat. Add the onions and garlic and cook for two minutes, stirring often to prevent the garlic from burning. Add the ground "beef" to the skillet and the patty mix. Cook until the "beef" mixture thickens. You can add a little more oil if it sticks a little. Next add the spices, Shake n Cheese, tomato sauce, and rice milk. Cook until thickened. Add the shredded cheese and cook until melted.
3. Drain pasta and rinse well. Add to the sauce mixture and stir to combine. Add salt and pepper as needed. Serve immediately.

**Note:** If you do not have Shake n' Cheese you can use another powdered cheese like Molly Mcbutter (or omit). If you do not have Cambrooke's Patty Mix, you can use 1.5 tsp wheat starch.

**Tip:** Cook the pasta in vegetable or chicken broth for additional flavor for the pasta.