



# Butternut Squash Macaroni and Cheese

Serving Size: 4

## Ingredients:

10 oz Elbow Pasta  
2 Tbsp Butter  
2 Cloves Diced Garlic  
½ Medium Yellow Diced Onion  
2 Stems of Thyme  
3 Sage Leaves  
1 Lb Cubed Butternut Squash  
½ Cup Almond Milk  
1 Cup Vegetable Stock  
8 oz Grated Cheddar Cheese  
Salt and Black Pepper to Taste

## Instructions:

1. In a large pot, add water and bring to a boil. Add a pinch of salt and dried pasta. Cook until al dente. Drain.
2. In a new large pot melt butter on medium heat. Mix in garlic, onion, thyme stems, and sage leaves. Sauté for 2 minutes or until the onion is translucent. Stir frequently.
3. Add butternut squash, cook for 2 minutes on medium-high heat.
4. Stir in almond milk and vegetable stock. Bring it to boil, simmer for 10 minutes with the lid on.
5. Blend butternut mixture until smooth.
6. In the large pot, mix butternut squash mixture and add cheddar cheese. Stir until dissolved into sauce.
7. Add salt, pepper and cooked pasta until everything is mixed thoroughly. Enjoy!