

## Vegan Comfort Pasta – Makes 6 servings

<https://www.eminencenutrition.com/vegan-comfort-pasta>



### Ingredients:

- 450g (1 box) Pasta noodle of your choice
- 1 Broccoli crown, chopped
- 2-3 Kale leaves, chopped
- 1 package Yves Jumbo Veggie Dogs, sliced
- 300g (1 package) Silken tofu
- ½ cup Cashews
- ½ cup Plant based milk (I used original soy milk)
- ¼ cup Nutritional yeast
- 1 tsp. Turmeric powder
- 1 tsp. Salt
- 1 tsp. Onion powder
- 1 tsp. Garlic powder
- 1 tsp. Mustard
- Juice from ½ a lemon

### Directions:

1. Cook pasta according to package instructions.
2. When there is 5 min left on the pasta timer, add the broccoli and kale to the pot of pasta.
3. When there is 2 min left on the pasta timer, add the veggie dogs to the pot with pasta and veg.
4. Drain the water and place back in the pot.
5. Add the remaining ingredients to a blender and blend until completely smooth. Add more soy milk if you would like your sauce thinner.
6. Pour over pasta and mix until evenly coated. Heat over medium until the sauce is warm and ready to serve.
7. Enjoy 😊