

“Beef”aroni

Servings: 3-4

Ingredients:

- 8 oz. macaroni noodles (half a bag)
- 14 oz. crushed tomatoes or 1 3/4 cup store bought pasta sauce
- 2 tbsp. garlic & onion powder
- 2 tbsp. Italian seasoning
- 6 oz. soyrizo (can be found at Trader Joe's or other naturals stores)
- ¼ cup nutritional yeast

Directions:

1. Boil macaroni according to package.
2. In the same pot that you boiled the noodles in combine cooked noodles, crushed tomatoes, garlic & onion powder and the Italian seasonings .
3. Turn heat to medium, stir occasionally.
4. Once the sauce has had time to warm, add the soyrizo and nutritional yeast. Mix evenly.
5. Cook on low to medium heat for a few minutes, just hot enough to heat the soyrizo. Once everything is heated, it's ready to eat!
6. Sprinkle additional nutritional yeast to top it off!