

BUTTERNUT SQUASH MAC AND CHEESE



COOK TIME

30 Minutes



SERVES

6-8



SUITABLE FOR

Vegetarian Friendly

INGREDIENTS

- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 lb. (approx. 4 cups) diced butternut squash
- 1 1/2 cups vegetable stock
- 1 lb. uncooked pasta
- 2 cups of milk
- 8 ounces of sharp cheddar cheese, shredded
- Salt and black pepper, to taste



INSTRUCTION

1. Cook pasta according to package instructions until al dente. Reserve 1 cup of starchy pasta water for later
2. While pasta is cooking, heat olive oil in a large sauté pan. Add garlic and sauté for 1-2 minutes, stirring occasionally. Add the butternut squash and vegetable stock and stir until combined. Cooking until the stock is simmering. Reduce heat to medium-low, cover and cook for 10 minutes, until squash is tender and mashes easily with a fork.
3. Add milk to squash stock and quick stir. Then with an emulsion blender (or can use regular blender), blend until mixture is smooth.
4. Add shredded cheddar cheese, and stir until melted into the sauce.
5. Pour butternut cheese sauce on top of cooked pasta and stir until combined. Add salt and pepper to taste. If sauce is too thick, add some of starchy pasta water to thin it out.