

Country “Chicken” and Pasta Bake

Revised by Jeanne Schumacher – Based on a
recipe from Betty Crocker.

2 cups uncooked radiatore (nuggets) pasta (6 oz)
½ bag butler soy curls hydrated in
veggie broth or water
(add poultry seasoning to flavor if using
water)

1 recipe gravy (see below)

One bag frozen broccoli, carrots and cauliflower
(or bag of mixed vegetables)

1-teaspoon dried thyme leaves

¼ teaspoon salt (optional)

¼ pepper (or more to taste)

1-teaspoon poultry seasoning



½ cup Ian’s Whole Wheat Panko bread crumbs mixed with 1 tsp Herbes de Provence

1. heat oven to 375°F. Cook and drain pasta as directed on package using minimum cook time.
2. In ungreased 2 ½ quart casserole, mix pasta and remaining ingredients except bread crumbs.
3. In a covered casserole (line foil with parchment paper) bake 20 minutes. Uncover and stir casserole. In the small bowl, mix bread crumbs and herbs; sprinkle on top. Bake uncovered about 10 minutes or longer or until hot and topping is brown.
4. Option - Top with fresh uncooked corn.

Gravy recipe

¾ c. raw cashews, soaked overnight and drained

1 medium potato, cooked (skin intact)

1 can white beans, thoroughly rinsed •

1 tbsp yellow or white miso •

¼ c. white wine vinegar

1 c. vegetable broth or water or a mixture (approx.)

In a blender or food processor, combine the cashews, cooked potato (feel free to leave the skin on), white beans, white miso, white wine vinegar and ½ cup vegetable broth until completely smooth, stopping to scrape down the sides as needed. Add some of the water or broth as needed to blend as needed. Consistency should be a thick creamy sauce. This may take a few minutes.