

# MACARONI WITH VEGETABLES WITHOUT MEAT AND CHICKEN

## Ingredients

To boil pasta:

250 grams pasta (any type available)

Boiling water

2 tablespoons of salt

Thieves:

piece of butter

A little olive oil (or vegetable oil)

1 tablespoon salt

Pinch of white (or black) pepper

Half an onion (finely chopped)

3 cloves garlic (finely minced)

Vegetables (any kind available)

Broccoli

1 carrot

1 red or green pepper

1 zucchini

2 tablespoons tomato molasses (diluted with a gla

2 cups of water from boiling pasta

200 ml cream

200 grams kashkaval

For the face:

Rasch Kashkaval

teaspoon oregano

## Directions

First to boil the pasta: put in pot water and two tablespoons of salt and put them on the fire until it boils, then put the pasta in the boiling water To make the pasta sauce: We bring a frying pan and put butter, and olive oil (or vegetable oil) in it, and we leave them until they melt, and then we add chopped onions and minced garlic to them, then we put salt, white or black pepper, (till the onions and garlic wither), we put them down (any type of vegetables available) broccoli, red or green bell pepper, cut into fingers, Chopped zucchini, chopped carrots, then add tomato molasses to them (diluted with a glass of water), and we roast the ingredients a little (so that they cook together), and then add water (Capjatine) from the pasta pot ( it is the water that contains starch until the sauce becomes complex with us) and leave them for a little while (Until the mixture becomes thick, then put them on low heat), Then we put on them the cream, kashkaval, kashkaval cheese, and macaroni, (add the pasta to the sauce with a filter to drain the water from it, without washing the pasta), then we stir all the ingredients and leave them for a minute on low heat (we leave the pasta on the fire for a minute until the sauce and cheese are thick), Then we remove the pasta pot from the fire and add to it a little kashkaval and oregano ((the cheese that you will use is all about 200 grams of grated), (now, either cover it and put it on a low heat so that the cheese melts, or if the pan can withstand the heat, put it on the oven), We put the pan in the oven for about a minute (The oven is already heated) until the cheese melts, and then the pasta is ready.

**C H E F   O M A R**

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Bon Apetit!