

# Field Roast Frankfurter Mac & ‘Cheese’

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF BEN HOWE

Servings: 2    Serving Size: 8oz

Ingredients	Quantity	Measure
Dry elbow pasta	$\frac{3}{4}$	Pound
Olive oil	2	Tablespoons
Onion, minced	2	Ounces
Garlic, minced	1	Tablespoon
Soy milk	1 $\frac{1}{2}$	Cups
Idaho potato, peeled & grated	$\frac{1}{2}$	Cup
Nutritional yeast	$\frac{3}{4}$	Cup
Red pepper flakes	1	Teaspoon
Field Roast Frankfurters, sliced $\frac{1}{2}$ " thick rounds	2	Each
Frozen peas	1	Cup
Cornstarch		As needed
Salt		To taste
Pepper		To taste
Fresh chives	1.5	Tablespoons

## Preparation

1. Sauté onion in olive oil. When onion is tender, add garlic, sautéing until fragrant.
2. Add shredded potato and soy milk. Simmer until potato is completely tender. Add nutritional yeast and red pepper flakes.
3. Puree soy milk mixture with an immersion blender and then pass through a fine mesh strainer.
4. Bring mixture to a simmer. Combine cornstarch and water in equal parts, mixing until completely smooth. Gradually add to simmering sauce until it reaches the desired consistency.
5. Cook elbow macaroni.
6. Steam frozen peas.
7. Sauté Field Roast Frankfurters until lightly browned.
8. Combine pasta, sauce, frankfurters, and peas. Serve garnished with chives.

## Nutrition Information \*From USDA Nutrient Database

Calories: 1281 Total Fat: 30.6g Saturated Fat: 4.3g Trans Fat: 0g Cholesterol: 0mg Sodium: 900,5mg  
Carbohydrate: 178g Fiber: 34.4g Sugar: 17.2g Protein: 73.3g