

Saucy Shells

Serves 5 to 6

1 Box Gluten free shell pasta
2 potatoes peeled and cut up
1 carrot peeled and cut up
1 small onion cut up
¼ cup Light blue bonnet margarine
½ teaspoon minced garlic
½ teaspoon dijon mustard
¼ teaspoon yellow mustard
1 Tablespoon lemon Juice
2 teaspoons nutritional yeast
dash of black pepper



Spray individual casserole dishes with cooking oil.

Preheat oven to 400. Boil noodles and drain. Boil potatoes, carrot and onion and a small amount of water until soft. Put in food processor or use a puree stick. Add remaining ingredients and puree until smooth. If too thick add water to thin. Stir into noodles until they are well coated. Cook in oven for 10 minutes.

<http://www.lincolntent.com/GlutenFreeCaseinFree-Meatless.html>