

Kasha

- 1 large onion chopped
- 1 large carrot chopped
- 2 T butter

a) Sauté till almost
caramelized put to the side

1 box bow tie pasta
cook per directions
on box

1 Cup Kasha

1 Jumbo egg beaten

- a) mix Kasha w/ beaten egg
- b) place in hot skillet
and cook 2-3 minutes
till fragrant

~~Place Kasha~~

- a) Bring 1 container (box) beef or chicken broth and 2 T butter to a boil with salt & pepper
- b) add kasha to boiling broth cover and cook about 10 minutes until liquid is absorbed.
- c) mix in sauted carrots onions & bow ties.