



Being away at college, Erin needs to have some quick and easy recipes that are healthy and filling. This is one of her go-to recipes that she is able to make in one pot and get a couple of meals out of.

### Erin's Creamy Garlic Fettuccine

1 small onion, finely chopped  
4-5 cloves of garlic, minced  
1 tbsp nutritional yeast  
½ tsp Italian seasoning  
2 cups low sodium vegetable broth  
1 ½ cups unsweetened soy milk, or other plant milk  
1 cup (at least) frozen vegetables such as peas or broccoli  
½ box fettuccine pasta

Saute onions in a large skillet, adding a tablespoon of water or broth at a time to keep from sticking. Cook until translucent and add garlic.

Add the nutritional yeast, seasoning, broth and plant milk. Stir together and add the vegetables and pasta.

Bring to a boil and reduce to simmering. Cook for about 20 minutes, stirring occasionally. You may need to add more broth or milk if the mixture gets too thick.

Enjoy!