



Baked Veggie pasta

NIBBLEDISH CONTRIBUTOR

Ingredients

This could be vegetarian dish or not if you want meat in it.

* 1 cup of chopped red onion * 1 tsp of chopped garlic * 3 cups of chopped carrots * 2 cups of chopped zucchini * 2-3 servings of cooked pasta * 1 cup of white wine * 1 cup of milk * 3 tbsp of flour * 2 tbsp of olive oil * meat (if desired) * salt and pepper * 1 cup of chicken stock or vegetable stock * 1/2 cup of Romano cheese * 1/2 cup of Parmesan cheese

Instructions

1. Fry red onion and garlic in a pan with oil until fragrant.
2. Add meat if desired. Add salt and pepper at this time as well.
3. Add white wine and chicken stock. Add all vegetables and cover. Cook until softened.
4. Add milk. Stir constantly. Add flour. Cook until the sauce thickens.
5. Mix the sauce with cooked pasta and add some Romano cheese and Parmesan cheese.
6. Bake at 350° for 15 minutes.