



*Weinberg Village Assisted Living Residences
Sylvan & Jean Orloff Memory Support Unit*

Kasha Varnishkas (With Bowties)

Ingredients:

- 1 large onion, diced
- 1 clove garlic, minced (or one frozen cube crushed garlic)
- 1 tablespoon extra virgin olive oil
- 2 cup coarse Kasha
- 2 large eggs, lightly beaten
- 1 tablespoon onion soup mix, or 1 1/2 teaspoons salt (optional)
- 4 cups water or chicken/vegetable stock
- 1 pound bowtie noodles
- 2 teaspoons salt
- 1 tablespoon olive oil

Directions:

1. Prepare noodles according to package directions, adding 2 teaspoons salt and 1 tablespoon olive oil to the cooking water.
2. In a large skillet, heat the tablespoon of olive oil on medium-high heat. Add onion and garlic, and sauté until the onion is browned. Add Kasha and stir to combine. Pour eggs over the Kasha and quickly stir to coat. Continue to stir the Kasha until completely dried and toasted. Add stock. Cover and reduce heat to low. Simmer for 8-11 minutes until liquid is completely absorbed. Fluff with a fork. Stir in bowties and onion soup mix (if using). Serve warm.

