



RECIPE FOR

Lazy Pierogies

NAME OF DISH

FROM THE KITCHEN OF

JIC Outtripping

SERVES As many as you want!

PREP TIME 20 minutes

TOTAL TIME 20-ish minutes

INGREDIENTS

- 1/2 cup powdered potato per person
- 1 cup pasta per person
- 1/2-2/3 cup of powdered cheese (electric cheese)
- 1 white onion
- 1 tbsp of oil
- 1 cup rehydrated TVP
- As much cheddar cheese as you can spare

- Step One: Boil water. Once the water in your pot reaches a rolling boil, add the pasta and cook pasta for 12-15 minutes until cooked through. While pasta is boiling dice the onion and fry with a tbsp of oil.
- Step Two: Remove from grill or element and drain most of the water. Leave enough water that you can still see about 2-3 cups worth at the bottom and the pasta is still slightly damp.
- Step Three: Add powdered potatoes and powdered cheese. Mix thoroughly until all components are rehydrated.
- Step Four: Mix in the rehydrated TVP and fried onion and thinly sliced cheddar cheese.
- Serve, spice with your favourite spice kit spices and enjoy!

