

Beefy Cheesy Mac Recipe

Ingredients Required:

Half Bag Tinkyada Gluten Free Pasta
1 Pound 78% Ground Beef
1 Jar 365 Brand Tomato Paste
1 Small Sweet Onion
Small Bunch Organic Basil
1 Small Poblano Pepper or Banana Pepper
2 Teaspoons Himalayan Pink Salt
1 Teaspoon Organic Onion Powder
1 Pack of 365 Brand Cheese - Use Provolone, Swiss or Monterey Jack

Directions:

Cut up onion and peppers and basil into small pieces and work into the meat. Input the pink salt and onion powder and spread out onto glass dish/baking dish. Then lather the tomato paste on top evenly. Now, input about a quarter cup of water and then mix around the meat. Bake at 350 degrees for about 35 minutes. Check it after the 35 minutes and make sure it is well done throughout.

As the meat is about half way cooked you can put your pasta water on to bring to a boil. Once it comes to a boil, throw in your pasta and cook for about 8 minutes, check for slightly al dente and remove from heat and drain water. You can put the pasta into a baking dish or glass bowl and coat with grapeseed oil - Napa Valley Brand and leave it until ready to mix with meat.

Once the meat is cooked fully take the whole meat and juices and put into a pot along with the pasta and cheese and mix well until cheese and sauce is well blended throughout the meal.

Make sure to side this dish with a good serving of steamed veggies like steamed broccoli or bok toy or green beans

Happy Beefy Cheesy Mac!!!

To Your Health,

Rino Soriano