



Alpen Macaroni (Äpler Magronen)

Prep Time 10 minutes

Total Time 20 minutes

Cook Time 10 minutes

Servings 5 servings

Ingredients

- 1 lbs noodles penne or macaroni
- 1 cup milk
- 4 tbs butter sliced
- 4 medium potatoes peeled, sliced and cubed
- 1 to 2 cups cheese a mountain cheese is perfect for this...rich in flavor. (Gruyere/Swiss)
- 2 cups apple sauce make a quick batch of your own. season lightly with sugar and cinnamon
- 1 large onion sliced thin and figure 1 per person

Instructions

1. Take your thin sliced onion and sauté over high heat until nice and crispy.
2. In a large stock pot, prepare water to boil
3. In the meantime, wash, peel and cube your potatoes
4. Shred your cheese and set aside
5. When water begins to boil, add your pasta noodles and sliced potatoes to the water, same time and cook for 8-10 minutes.
6. When noodles and potatoes are cooked, drain. Add your butter
7. Milk and cheese. Stir until noodles and potatoes are well combined with this cheesy sauce.



Vegan Alpen Macaroni (Äpler Magronen)

I have found a whole plant-based recipe for Alpen Macaroni that tastes delicious.

Prep Time 10 minutes

Cook

Time 10 minutes

Total Time 20 minutes

Servings 5 servings

Ingredients- Dressing

- 1/2 cup cashews soaked overnight in water
- 2 TBS olive oil if desired, otherwise not necessary
- 1/4 cup nut milk almond, or whatever you use
- 1/4 cup nutritional yeast
- 1-2 TBS mustard
- 3-4 TBS soy sauce
- 1-2 TBS liquid aminos

Instructions

- Soak the nuts overnight, drain and put all ingredients into a vitamix. mix well until nice and creamy. jar and set aside

Ingredients- Macaroni

- 1 lb pasta noodles penne or elbow
- 2 large onions sliced thin, not diced
- 1 jar applesauce or homemade
- 4 medium potatoes peeled and cut into squares

Instructions

1. Bring water to a boil for the pasta. Add it. After about 3 minutes, add your cubed potatoes to the same boiling water, and cook together the pasta and noodles until ready (about 7 min more)
2. While they are cooking, in a frying pan, sauté your onions until nice and caramelized. Set aside.
3. Drain the pasta/potato mixture. Add the dressing and a bit of nut milk if needed. Stir until well combined.
4. Plate the pasta, add onions on top, and a scoop of apple sauce on the side.

Submitted by: Patricia Wipfli Scaffarczyk