

# Pumpkin Alfredo

*This recipe makes about 16 cups*



## Ingredients

**3 lbs** linguine or fettuccine noodles  
**1 cup** vegetable broth  
**6** cloves minced garlic  
**2 cups** oat milk, half & half or cashew cream  
**1 ½ cups** dairy free parmesan cheese  
**3 cups** or **2-15 oz.** cans pumpkin puree  
**¼ tsp** nutmeg  
**1 tbsp** parsley  
salt to taste

## Directions:

1. Cook the noodles until al dente, then drain, rinse, and return them to a large pot.
2. For the sauce, combine broth, minced garlic, milk or a milk alternative, parmesan cheese, pumpkin, and nutmeg in a pan. Cook over medium heat, stirring until the cheese is melted and the sauce becomes thick and creamy.
3. Pour the sauce over the noodles in the pot and mix thoroughly.
4. Return the pot to heat for 1-2 minutes, ensuring the noodles are fully coated.
5. Add parchment paper to your trays
6. Using tongs, transfer the coated noodles to freeze-dryer trays and sprinkle with parsley
7. Add dividers for easy portioning
8. Pre Freeze when possible
9. Freeze dry (my cycle time was 34 hours)
10. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 1 cup of hot water to 1 ½ cups of freeze dried mixture. Let stand for 3-5 minutes before mixing so the noodles do not get broken up. Mix well and enjoy!

## Notes:

There is no butter in this recipe so you may need salt to add some extra flavor. You could add meat or meat alternatives for some extra flavor and protein..

## Nutritional Value Per 1 ½ cups pre freeze-dried

Calories: 444 Protein: 17 g Fat: 4 g Carbohydrates: 81 g Sugar: 7 g Fiber: 5 g