

# Kitchen Revival One Pot Wonder



## INGREDIENTS

- Protein
- Milk/Broth
- Butter/Lard
- Garlic & Onion
- Cheese
- Noodle/Rice
- Spices
- Vegetable
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## DIRECTIONS

- Start by sauteing diced onion & garlic in your choice of fat
- Add in spices (my fav: pinch of red pepper) saute for 1 minute to release scent
- Add in 1 cup of milk/broth
- Add in 2 cups of cheese
- Add in cooked noodles/rice
- Add in 1 cup of veggie
- Stir, Top with cheese
- Bake at 350 for 30 minutes

notes

