

# Shells with Creamy Butternut Squash

From the kitchen of [Dr. Barrett](#)



I discovered this recipe courtesy of [Lakewinds Food Co-op](#). They were sampling this recipe during one of my frequent trips to their store and I fell in love. I am dairy free and had been missing creamy noodles!

## Ingredients:

- 2-3 cloves garlic, minced
- 1 onion diced
- 1 cup mushrooms thinly sliced (optional)
- 2 zucchini, about 1 · cups diced
- · red bell pepper diced
- 2 TBS olive oil
- 1 tsp apple cider vinegar
- salt and pepper to taste
- · lb brown rice noodles (shells work well)
- 3-4 cups butternut squash soup

## Directions:

1. In a large sauce pan, sauté the garlic, onion, mushrooms, zucchini and red bell pepper in the olive oil. Cook until tender about 5-7 minutes.
2. At the same time cook the noodles until about halfway done.
3. Add soup, vinegar, half cooked noodles, salt and pepper to the vegetable mixture and bring to a boil. Stirring until shells are cooked.

Serves 3-4

I find that adding a spicy meat such as hot turkey or pork sausage really adds to the meal. I add the meat to the onions and garlic until fully cooked then add the vegetables and continue with the recipe.