

## Goulash

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16 ounces elbow or fusilli pasta

1/2 cup non-dairy butter

1/3 cup all-purpose flour

12 unsweetened non-dairy milk

24-ounce jar marinara sauce (I used Rao's tomato basil sauce)

1 package ground beef-style crumbles, thawed (I used Gardein)

Boil the pasta until al dente, drain, and set aside.

In a large pot, make the béchamel sauce. Melt butter in pan over medium heat. Add flour to pan; cook 1 minute, stirring constantly. Gradually add milk, stirring with a whisk until blended. Bring to a simmer, and cook until thickened, stirring constantly.

Add the marinara sauce, stir to combine. Fold in the crumbles. Simmer until heated through, 7-10 minutes. Gently fold in the pasta, taking care that the noodles and sauce are fully incorporated. Continue warming over medium heat for 3-5 minutes, until noodles are heated through.