

Kasha and Bowties (Kasha Varnishkas)

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-kasha-varnishkes-recipe>

Ingredients:

- 13 3/4 ounces chicken broth
- 3/4 cup kasha toasted buckwheat groats
- 12 ounces bow-tie pasta
- 2 tablespoons olive oil
- 2 onions diced
- 1 pinch salt and pepper to taste

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 46 grams
3. Fat: 5 grams
4. Fiber: 3 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 55 milligrams
8. Sugar: 2 grams

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