

Kasha Varnishkes (Bow-Tie Pasta with Buckwheat Groats)

Yield: 8 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-rice-kasha-recipe>

Ingredients:

- 1 1/4 cups kasha
- 1 egg lightly beaten
- 3 cups chicken stock
- kosher salt to taste
- 1 pound farfalle pasta
- 1 cup rendered chicken fat or canola oil
- 2 yellow onions large, roughly chopped
- 4 cloves garlic minced
- ground black pepper Freshly, to taste
- parsley Thinly sliced, to garnish, optional

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 68 grams
3. Cholesterol: 30 milligrams
4. Fat: 3.5 grams
5. Fiber: 5 grams
6. Protein: 14 grams
7. Sodium: 240 milligrams
8. Sugar: 5 grams

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