

Cheesy Vegan Zoodles

submitted by swimfan88



Per serving: 247 Calories • 37.2g Carbs (14g Fiber) • 2.5g Fat • 23g Protein

Ingredients

Ingredients scaled to: 2 serving

- 4 small **Zucchini** (472 grams)
- 1/2 cup, chopped **Onions** (80 grams)
- 1 cup, chopped **Red bell pepper** (149 grams)
- 3 tbsp **Vegetable Broth** (45 grams)
- 1 tbsp **Garlic powder** (9.7 grams)
- 12 tbsp **Nutritional Yeast** (90 grams)
- 1 dash **Pepper** (0.10 grams)
- 1 dash **Salt** (0.40 grams)

Directions

Directions are based on the original recipe of 2 servings

1. Spiralize zucchini. Dice onion and bell pepper.
2. Add the zucchini, onion and red pepper to a pan with the vegetable stock. Cook over medium heat for a few minutes.
3. Add the garlic powder and nutritional yeast and cook for a few minutes until everything is combined and creamy.
4. Add salt and pepper, to taste.