

# Three-color Kugel

Recipe By *Tammy Carmona*



Cooking and Prep:  1  
h 20 m

Serves:  6

Contains:   

**Preference:** Parve

**Difficulty:** Easy

**Diet:** Vegetarian, Pescetarian

**Source:** Family Table by

Mishpacha Magazine

Three-color kugel is a wonderful addition to the traditional farfel-tzimmes-chicken combination of the Shabbos meal. The color and flavor just add pizzazz to the plate.

## Ingredients (10)

### Main ingredients

- Gefen Bread Crumbs, to coat
- 3 eggs
- 3 tablespoons flour
- 2 pounds frozen broccolli
- 2 pounds frozen carrots
- 2 pounds frozen cauliflower

1/3 stick margarine (use soy-free, if needed)

1/3 cup Gefen Mayonnaise

salt, for boiling

1 and 1/2 tablespoons soup consomme

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## Start Cooking

### For the Vegetables

1. Cook each of the three vegetables separately in a pot with water and salt.
2. Save 3/4 cup of water from each pot of vegetables.
3. Mash the vegetables in three separate bowls until smooth.

### Prepare the Kugel

1. Mix all of the ingredients, excluding the vegetables, in a bowl.
2. Sprinkle breadcrumbs on the bottom of a baking pan and cover completely, and add the cauliflower puree. Layer with more breadcrumbs and then add the carrot puree. Repeat process with the brocolli puree.
3. Bake in the oven for an hour at 350 degrees Fahrenheit