

VEGAN MAC N' CHEESE

adapted from *The Complete Plant Based Cookbook*

Yield: 6 servings

Prep Time: ~5 minutes

Cook Time: ~30 minutes

Storage: refrigerate up to 3 days



Ingredients

1/3 cup olive or avocado oil

1/4 cup nutritional yeast

4 teaspoons dry mustard powder

1 tablespoon tomato paste

2 garlic cloves, minced

1/2 teaspoon ground turmeric

2 teaspoons salt

4 1/2 cups unsweetened, plain almond milk

10 ounces cauliflower florets (about 3 cups), cut into 1/2 inch pieces

1 1/4 cups raw cashews

1 pound elbow macaroni or shells pasta

1 tablespoon distilled white vinegar

Directions

1. Heat oil in large saucepan over medium heat. Stir in nutritional yeast, dry mustard, tomato paste, garlic, turmeric, and salt. Cook, stirring constantly for a minute. Stir in the almond milk, scraping up any browned bits and bring it to a simmer over medium-high heat. Stir in the cauliflower and cashews; reduce the heat to medium-low, and cook, partially covered, until cauliflower is soft enough that it falls apart when poked with a fork, about 20 minutes.
2. Meanwhile, cook the pasta according to the packaging instructions. Reserve 1/2 cup of the cooking liquid for later and then drain the pasta and set aside.
3. Once the cauliflower mixture is done cooking, process it in a blender until completely smooth. You will likely need to work in 2 batches to get this done.
4. Pour the cauliflower sauce back into the empty pot and bring it to a gentle simmer over medium-low heat.
5. Add the drained pasta and vinegar and cook, stirring constantly, until warmed through and the sauce is slightly thickened, about 3 minutes. The sauce will look loose when you add the pasta, but will thicken as it finishes cooking. If needed, use the reserved pasta liquid to adjust consistency of the sauce.