



CELEBRATE COMFORT FOOD!

VEGNEWS VEGAN MACARONI & CHEESE

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Serves 6

Note from Marilyn: I made some notes below, indicating some of my adjustments/modifications. I have used the sauce over cooked veggies like broccoli or asparagus, and as a dip with crudités.

What You Need:

For the Pasta

- 4 quarts water
- 1 tablespoon sea salt
- 8 ounces macaroni (I use gluten free brown rice pasta from Tinkyada)
- 4 slices of bread, torn into large pieces (I do not use)
- 2 tablespoons non-hydrogenated margarine or coconut oil (if using bread)

For the Sauce:

- 2 tablespoons shallots, peeled and chopped
- 1 cup red or yellow potatoes, peeled and chopped
- 1/4 cup carrots, peeled and chopped
- 1/3 cup onion, peeled and chopped
- 1 cup water (I use vegetable broth)
- 1/4 cup raw cashews (I use hemp seeds if I need to make this nut free, or you can omit altogether)
- 1-2 teaspoons sea salt (start with 1, add more to taste, especially if using nutritional yeast)
- 1/4 teaspoon garlic, minced
- 1/4 teaspoon Dijon mustard
- 1 tablespoon lemon juice, freshly squeezed
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne
- 1/4 teaspoon paprika
- 1/4 cup nutritional yeast (I added this to balance the flavors and give more cheesy flavor)



What You Do: (If just making the sauce, see steps 4-6)

1. In a large pot, bring the water and salt to a boil. Add macaroni and cook until al dente.
2. In a colander, drain pasta and rinse with cold water. Set aside.
3. If using bread crumbs... In a food processor, make breadcrumbs by pulverizing the bread and 2 tablespoons margarine to a medium-fine texture. Set aside.
4. Preheat oven to 350 degrees.
5. In a saucepan, add shallots, potatoes, carrots, onion, and water, and bring to a boil. Cover the pan and simmer for 15 minutes, or until vegetables are very soft.
6. In a blender, process the cashews (or hemp seeds), salt, garlic, mustard, lemon juice, black pepper, and cayenne. Add softened vegetables and cooking water to the blender and process until perfectly smooth.
7. In a large bowl, toss the cooked pasta and blended cheese sauce until completely coated. Spread mixture into a 9 x 12 casserole dish, sprinkle with prepared breadcrumbs, and dust with paprika.
8. Bake for 30 minutes or until the cheese sauce is bubbling and the top has turned golden brown.