

Vegan Mac 'n Cheese

Recipe By Naomi Hazan



Cooking and Prep:  30
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Serves:  6

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Nine Days

Diet: Vegetarian, Vegan,
Pescetarian, Low Fat, Sugar
Free

Mac 'n cheese is one of my favorite comfort foods, but since I'm dairy-free, I had to come up with a killer vegan version! This recipe is one for the books, it's so creamy you wouldn't believe it's dairy-free!

Ingredients (15)

Vegan Mac 'n Cheese Sauce

- 3 tablespoons avocado oil
- 1/3 cup all-purpose flour (or gluten free flour)
- 2 medium sweet potatoes, cooked
- 1 cup raw cashews, soaked for 1 hour
- 1 clove garlic or 1 cube **Gefen Frozen Garlic**

- 1/4 teaspoon cayenne pepper
- 1 teaspoon salt
- 1 teaspoon **Reine Dijon Mustard**
- 1 teaspoon **Gefen Soy Sauce**
- 3 tablespoons nutritional yeast
- 1/2 teaspoon dry rosemary
- 3 and 1/2 cups unsweetened almond/soy milk
- 1 teaspoon lemon juice
- 1/2 teaspoon turmeric powder

For Serving

- 1 pound **Tuscanini Pasta**, cooked according to package directions
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Start Cooking

Prepare the Mac 'n Cheese

1. In a saucepan, whisk the oil and the flour until it forms a paste, stir over medium heat for three minutes.
2. Meanwhile, blend all the other ingredients on high until extremely smooth. Add the mixture to the saucepan and whisk constantly for five minutes on medium low heat.
3. Simmer until the sauce has thickened. Toss with cooked pasta, top with crispy bread crumbs, and serve hot.