

Vegan Mac N Cheese



Ingredients

- 1 recipe vegan cheese sauce
- 1 can drained quartered artichoke hearts
- 4 oz crimini or portabella mushrooms
- 1 small red onion diced
- 1 lb pasta of choice
- 1 cup (unsweetened non vanilla) plant based milk
- 2 tbs vegan butter
- 1 cup vegan cheese (optional)

Method

1. Preheat the oven to 350° Spray a nonstick cooking sheet with olive oil spray add diced red onion, mushrooms and artichoke roast until beginning to crisp about 20 minutes.
2. Bring large pot of salted water to a rolling boil. Add pasta and cook according to instructions until al dente.
3. Drain pasta retaining one cup of pasta water. Add back to the pot the pasta, plant based milk, vegan butter and vegan cheese and simmer till cheese is melted.
4. Add pasta water to achieve desired consistency. After veggies are done dice into smaller pieces before adding them to the pasta.
5. Simmer a few minutes. Serve immediately.

Vegan Cheese Sauce



Ingredients

- 1 Yukon Gold Potatoes, peeled and sliced
- 1 Sweet potato, peeled and sliced
- 1 Shallot
- 1 large carrot, sliced
- 1/4 cup nutritional yeast
- 1 tbsp. olive oil
- 1/2 lemon, juiced
- 1 cup plant based milk
- 1 clove garlic, minced
- 1 tsp capers
- 1/2 c raw cashews
- 1/2 tsp. apple cider vinegar
- 1/2 tsp. salt
- 1/2 tsp. onion powder
- 1/4 - 1/2 tsp. turmeric
- 1/4 tsp. ground paprika
- Chili seasoning/optional

Method

1. Place potatoes, shallot, carrot and onion in a small pot of water and bring to a boil, turn down to a simmer and cook till veggies are softened, around 20 minutes
2. Let cool and place contents into a power blender with plant based milk and remaining ingredients till smooth and creamy.

This makes enough sauce for 1 pound of pasta.