

# Vegan Mac and Cheese

**No. of people:** 40

Potatoes, 1-inch dice	2 cups
Carrots, ½ inch dice	½ cup
Onion, ½ inch dice	¾ cup
Water from the boiled veggies or veg stock or plain	2 ¾ cups
Cashews, soaked in warm water for at least an hour	1 cup
Coconut Milk	1 - 13 oz can
Nutritional Yeast	¼ cup
Lemon Juice, fresh	2 tbsp
Miso	3 Tbsp
Tamari	1 Tbsp
Brown Mustard	1 TBSP
Salt	3 tsp
Pepper	¾ tsp
Garlic Powder	½ tsp
Elbow Pasta or another kind	1 ½ lbs
GF Bread Crumbs	1 cup

## **Directions:**

### **For the sauce:**

1. Place chopped potatoes, carrots, and onion in a pot and cover with water by about two inches. Bring to boil and cook until vegetables are thoroughly cooked (test a potato for doneness). The veggies need to be cooked thoroughly and soft enough to blend in the Vitamix.
2. When veggies are done, drain them **but save the liquid!** Place the veggies and the rest of the sauce ingredients in a stainless steel bowl large enough to hold them all. Add the required amount (as per the recipe) of the cooking liquid to the bowl and mix. Process until smooth in two or three batches in the Vitamix and pour back into a small pot and keep warm on the stove over a pilot light. Earth Balance and “Arrowroot(spice.shelf) can be used to flavor and thicken the sauce

### **For the pasta:**

1. Bring to boil a large amount of water (about three times more water by volume than macaroni). Add a tablespoon of salt. When the water is a rolling boil, add the pasta and stir until comes back to simmer. Cook only until al dente (this means *firm to the tooth*, not mushy and not crunchy).
4. Drain the macaroni very well **but do not rinse with water**, and put it back into the same pot. Add the warmed sauce and mix well.

5. Place in the 2-inch half hotel pans (pictured below), sprinkle generously with bread crumbs and bake at 350 F for about 15 minutes.