Vegan Mac and Cheese

Ingredients

- 2 cups elbow macaroni
- ¾ cup unsweetened Almond milk
- 1 tbsp corn starch
- 1 tsp garlic powder
- 6 tbsp nutritional yeast
- 1.5 tsp Dijon mustard
- 1 cup canned sweet potato (pureed)
- 1 cup frozen peas
- Salt and pepper to taste

Making it

1) Boil water in a large pot. Add a tablespoon of salt into the water. Add pasta, stirring occasionally until cooked.
2) Meanwhile, heat a second pot on low heat. Whisk together milk, corn starch, and garlic powder until lumps disappear.
3) Stir in nutritional yeast, Dijon, salt and pepper, and stir over low heat until thickened (About 4-5 minutes). Add in 1 cup of pureed sweet potato and stir until combined and heated through.
4) Adjust as needed, adding more salt, pepper, or garlic powder.
5) As macaroni is finishing, add in frozen peas. Drain the macaroni under cold water to make sure the pasta doesn’t stick together. Pour sauce over macaroni and stir until covered.

NUTRITION FACTS

Servings: 2
PER SERVING
Calories (kcal): 380 kcals
Fat (g): 3g
Carbohydrate (g): 70g
Fibre (g): 13.5g
Protein (g): 11g

TIPS & HINTS