

Vegan Mac N' Cheese



Prep:

5 minutes

Total:

20 minutes

Makes:

6 servings, approximately 1 cup each

Utensil:

5 Qt./4.7 L Roaster with Cover

9" Small Skillet with Cover

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Recipe:

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Recipe Description:

What a delicious comfort food! Packed with protein, yet a cholesterol-free and lower-fat alternative to this traditional snack. It's so tasty, mine often never makes it to a bowl. I just eat it right from the 5 Qt. Roaster!

$\frac{3}{4}$ teaspoon
salt

(3.7
mL)
teaspoon

1/2 dried mustard
(2.5
mL)
1/2 teaspoon
ground black pepper
(2.5
mL)
1/4 teaspoon
paprika
(1.25
mL)
1/8 teaspoon
garlic powder
(.6
mL)
1/16 teaspoon
turmeric
(.3
mL)
1/4 cup
all-purpose flour
(30
g)

Directions:

1. Cook macaroni in roaster according to package directions.
Drain pasta and set aside.
2. In skillet, combine all remaining ingredients, except flour.
Bring to a simmer over medium heat.
3. Once the sauce is hot and bubbling, add the flour and whisk
until all lumps have dissolved.
4. Pour hot sauce over pasta. Stir well and serve.

Nutritional Information per

▼ Serving

Calories: 324
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 431mg
Total 59g
Carbs:
Dietary Fiber: 5g
Sugar: 6g
Protein: 16g