

## 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

### Rate Recipe:

Select rating Give Vegan Mac N' Cheese 1/5 Give Vegan Mac N' Cheese 2/5 Give Vegan Mac N' Cheese 3/5 Give Vegan Mac N' Cheese 4/5 Give Vegan Mac N' Cheese 5/5

### Contributed By:

Katherine Lawrence

Cooking instructor, VegNews TV chef, and nutrition instructor

[Write a Review](#)

### 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!

4

cups

macaroni pasta, uncooked

(560

g)

2

cups  
non-dairy milk  
(475  
mL)

1

cup  
low-sodium vegetable broth  
(240  
mL)

<sup>3</sup>/<sub>4</sub>

cup  
nutritional yeast flakes  
(36  
g)

<sup>3</sup>/<sub>4</sub>

teaspoon  
salt  
(3.7  
mL)

<sup>1</sup>/<sub>2</sub>

teaspoon  
dried mustard  
(2.5  
mL)

<sup>1</sup>/<sub>2</sub>

teaspoon  
ground black pepper  
(2.5  
mL)

<sup>1</sup>/<sub>4</sub>

teaspoon  
paprika  
(1.25  
mL)

<sup>1</sup>/<sub>8</sub>

teaspoon  
garlic powder  
(.6  
mL)

1/16

teaspoon  
turmeric  
(.3  
mL)

<sup>1</sup>/<sub>4</sub>

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 Carbs:**

59g

**Dietary Fiber:**

5g

**Sugar:**

6g

**Protein:**

16g