

Mac N' Cheeze

This vegan mac is the real deal. Full of flavor, super healthy and easy to make.

Prep:
15 minutes

Cook:
15 minutes

Ready In:
30 minutes

Servings:
8



Sauce

1/2 cup raw cashews soaked in 1 cup water*

4 cloves garlic, minced

1/2 large yellow onion, diced

6 tbsp nutritional yeast

1 tbsp yellow miso

1 tsp sea salt

1/2 tsp turmeric

Juice of 1 lemon

1 tsp garlic powder

1 tsp onion powder

1/2 tsp paprika

2 medium steamed potatoes**

Pasta

2 boxes lentil pasta (about 400 grams dry)

1/2 cup chickpea crumbs or gf bread crumbs

Instructions

- 1** In a saucepan over medium heat add in 2-3 tbsp of water, your onions and garlic and saute for 5-7 minutes until fragrant.
- 2** In another saucepan fill with water halfway and bring to a boil. Add in your noodles and cook according to directions on the package. I like to use lentil pasta because it is full of fiber and protein but feel free to use any kind you like (I recommend gluten free)
- 3** While the pasta is cooking take your sauce ingredients and add into a blender along with your sauteed onions and garlic. Blend on high until very smooth. *Do not drain the cashews before blending. **I always steam my potatoes in the instant pot. Peel and chop potatoes into 1 inch cubes. Add a bit of water to the bottom of the pan, place a steamer tray in the bottom and cook on manual high pressure for 10 minutes with a natural release.
- 4** While the pasta is cooking take your sauce ingredients and add into a blender along with your sauteed onions and garlic. Blend on high until very smooth. *Do not drain the cashews before blending. **I always steam my potatoes in the instant pot. Peel and chop potatoes into 1 inch cubes. Add a bit of water to the bottom of the pan, place a steamer tray in the bottom and cook on manual high pressure for 10 minutes with a natural release.

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