

ONE BITE

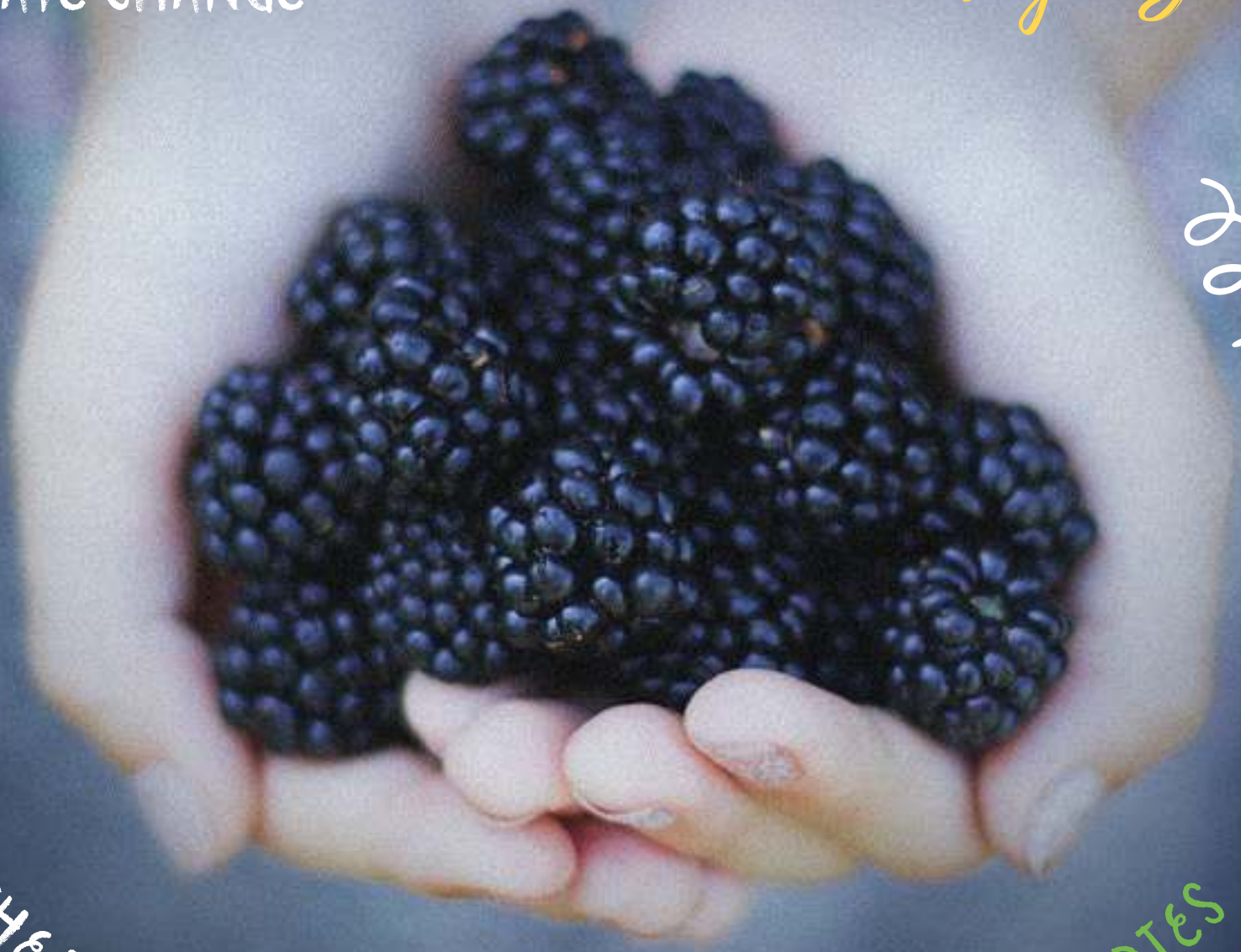
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Vegan Magazine

summit 2019 issue

EATING AWAY
at CLIMATE CHANGE

CLASSIC DISHES
Veganized!



THE TOP 10 MOST INSPIRING VEGAN DOCUMENTARIES

>> 30 MINUTE
Vegan Meals <<

TWO SECRETS
for EATING VEGAN
ANYWHERE

MAMA MIA
VEGAN PREGNANCY

Silky Vegan Mac and Cheese

By Elena Szeliga

Silky and cheesy Vegan Mac and Cheese: Delicious vegan take on an ultimate comfort food classic. Packed with veggies and plant-based protein, this easy 30-minute vegan mac 'n' cheese recipe will become your family favorite!

INGREDIENTS

- 1 medium-sized carrot
- 2 cups cauliflower florets
- 1 medium sized onion
- 3 cloves garlic
- 9 oz or 270 g macaroni or shells
- $\frac{2}{3}$ cup or 5.3 oz Almond Milk Plain Yogurt Alternative
- 2 tablespoons nutritional yeast
- 1 tablespoon light miso paste
- 1 tablespoon soy sauce or tamari
- 2 teaspoon white wine vinegar
- 1 teaspoon mustard powder
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon smoked paprika
- $\frac{1}{2}$ teaspoon turmeric
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- fresh parsley to garnish

PREP TIME:
5 minutes

COOK TIME:
25 minutes

TOTAL TIME:
30 minutes

SERVINGS:
4 servings

CALORIES:
325kcal

INSTRUCTIONS

- 1.** Start by prepping your veggies. Roughly chop cauliflower florets, carrots and onion. Transfer to a pot together with garlic cloves and add boiling water just to cover (about 2 cups). Bring to a boil and simmer over medium heat for about 15 minutes or until cauliflower is fork-tender.
- 2.** Meanwhile, cook macaroni (or shells) according to the package instructions. Drain and reserve a bit of pasta water.
- 3.** When the veggies are soft and tender, transfer them to a food processor together with the liquid and blend until smooth, scraping sides and gradually adding pasta water if the sauce looks too thick. The consistency should resemble Almond Milk Plain Yogurt Alternative.
- 4.** Add Almond Milk Plain Yogurt Alternative, nutritional yeast, miso paste, soy sauce, white wine vinegar, mustard powder, garlic powder, smoked paprika, turmeric, salt and black pepper to taste. Blend until combined and pour over pasta. Stir together and serve immediately garnished with fresh parsley. Enjoy!

Elena Szeliga —



Elena Szeliga is the recipe developer behind HappyKitchen.Rocks. She created the blog back in 2015 to combine her love of cooking and photography and share her recipes with her fans. HappyKitchen.Rocks is devoted to producing delicious and healthy vegetarian and vegan recipes that anyone can make.

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