Forks Over Knives

CREAMY VEGAN CHILI MAC (Shelli McConnell)

3 cups dry whole grain macaroni or spirals
3 cups low-sodium vegetable broth or water
1/2 of a 15-oz. can no-salt-added pinto beans, rinsed and drained (3/4cup)
1/2 of a 15-oz. can no-salt-added black beans, rinsed and drained (3/4cup)
One 14.5-oz. can no-salt-added petite diced tomatoes, undrained
18-oz. can no-salt-added tomato sauce
1 tablespoon dried minced onion
1 tablespoon chili powder
1 teaspoon dried oregano
1/2 teaspoon garlic powder
2 cups frozen peas and carrots
Salt to taste
1/2 cup Vegan Potato "Cheese" Sauce
1/2 cup sliced scallions

Put the first 10 ingredients (through garlic powder) in a 5- to 6-quart pot. Stir to mix. Put pot on burner and turn the burner to medium-high. When the mixture starts to boil, turn heat down to low. Add lid to pot and simmer 10 minutes. Add the peas and carrots; stir to mix. Cover and cook 5 minutes more or until macaroni is tender. Sprinkle with a little salt.

Meanwhile, make Vegan Potato "Cheese" Sauce. Use a spoon to serve chili mac. Drizzle sauce on each serving and sprinkle with scallions.





VEGAN POTATO "CHEESE" SAUCE
(Darshana Thacker Wendel)

1 lb. Yukon gold potatoes, peeled and cut into 1-inch cubes (about 5 potatoes)
3/4 cup + 2 tbsp unsweetened, unflavored plant milk
2 tablespoons nutritional yeast
1½ teaspoons white wine vinegar
1 clove garlic, minced
Salt and freshly ground black pepper, to taste

Place potato pieces in a steamer basket in a large saucepan. Add water to saucepan to just below basket. Bring to boiling. Steam, covered, about 15 minutes or until tender. Remove from heat. Uncover and cool slightly. Transfer one-third of the potatoes to a bowl.

Place the remaining potatoes in a blender. Add milk, nutritional yeast, vinegar, and garlic. Blend until smooth. Season with salt and pepper. Add the remaining potatoes and pulse until slightly chunky. Serve immediately or store. Sauce thickens as it sits. If necessary, heat and stir in a saucepan over low, adding more milk to reach desired consistency. To store, transfer sauce to an airtight container. Store in the refrigerator up to 1 week or freeze up to 1 month.

Forks Over Knives is the website created along with the groundbreaking 2011 film of the same name featuring T. Colin Campbell, PhD and Caldwell Esselstyn, Jr., MD.

The Forks Over Knives tagline says it all:
EMPOWERING PEOPLE TO LIVE HEALTHIER LIVES THROUGH WHOLE-FOOD, PLANT-BASED NUTRITION