## Monkey and Me Kitchen Adventures

VEGAN NACHOS MAC AND CHEESE (Serves 4)

Boil Ingredients:

- 12 oz. Russet potatoes, peeled, small ½ inch dice (about 2 ¼ cups)
- 1 small carrot, cut into thin coins (about ¼ cup)
- Sprinkle salt

Sauce Ingredients:

- 2 teaspoons distilled white vinegar
- 1 ½ teaspoons ume plum vinegar *
- ¼ cup + 3 Tablespoons water
- 1 Tablespoon tahini
- 2 Tablespoons nutritional yeast

Herb/Spice Ingredients:

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- ¼ teaspoon dried ground mustard powder
- 1/8 teaspoon chipotle powder
- ¼ to ½ teaspoon sea salt

Other Ingredients:

- 4 oz. can mild green chilies (including liquid from can)
- 8 to 10 oz. elbow macaroni

Optional Topping Ingredients:

- 2 Tablespoons to ¼ cup crushed tortilla chips

Instructions:

- Preheat the oven to 350 F, using the upper center rack.
- Place the diced potatoes, carrots, and a sprinkle of sea salt into a small stock pot, cover with water, place on the stove, and bring to a boil. Simmer at a low boil for approximately 10 to 15 minutes or until the potatoes and carrots are perfectly tender. Drain the liquid, then place the carrots and potatoes into a high-speed blender.
- Add the Sauce Ingredients and Herb/Spice Ingredients to the high-speed blender. Blend on high until the sauce is creamy, smooth, and "cheezy". You may need to use the tamper tool to keep the sauce moving. Taste test for flavor, add more spices to reach the flavor you desire.
- Add the mild green chilies (including the liquid) and pulse a few times just to mix in. Do not blend!
- Place the cooked macaroni into a large bowl, add the nacho cheese sauce into the bowl, mix well. Spoon into a small casserole serving dish and top with the crushed tortilla chips.
- Bake for 5 minutes, then switch to high broil and broil for a few minutes (or less) until the topping is lightly toasted. Serve and enjoy!

*Ume plum vinegar adds amazing flavor. You can find it in most health food stores. Leave it out if you can't find it, adjust your flavors accordingly.

Editor's Notes:

- Reserve the cooking liquid from the carrots and potatoes to use as veg stock in another recipe.
- The recipe calls for a high-speed blender. It would work just as well with a regular blender or a food processor.



Robin and Ameera are the mother-daughter team that created **Monkey and Me**. They have been Whole-Food Plant-Based since 2016, so their recipes are free of oil and processed food!