Gentle World

EASY MAC N' CHEESE (family-size)(adapted)

Gentle World says: "Who doesn't love the comforting creaminess of a traditional mac n' cheese? We recently whipped this up in quantity for an event, and people kept coming back for more of this rich and satisfying dish."

2 packages of organic pasta (12 oz. each)

Sauce
1 cup cashews + 2/3 cup water
1/8 – 1/4 cup nutritional yeast
1 tsp Bragg's Liquid Aminos or soy sauce
2 tsp stoneground mustard
1 tsp miso
1 tsp onion powder
1/2 tsp garlic powder
1/2 tsp salt
1/8 tsp turmeric
Black pepper, to taste
1 cup more water for blending
1/8 tsp. each: guar gum & xanthan gum (for thickening) (see Notes)

Cook pasta (al dente), then rinse and drain. In a high-speed blender, blend cashews with all other sauce ingredients until smooth, saving 1 cup of water and the two thickeners until the end. Add remaining water, then slowly add xanthan and guar gum, while blending sauce on high speed.

Preheat oven to 350°. In a casserole dish, combine pasta and sauce. Cover with foil (remove towards the end if you want browning). Bake for 30 minutes. Allow to cool a little before serving. Yum!

Notes:

Guar gum and xanthan gum are thickeners. You can substitute corn starch or potato starch, or just leave them out.

High speed blender: if you don't have one, a regular blender or food processor will do. You will get a better result if you soak the cashews in water for a couple of hours beforehand, and the resulting sauce may be a little less smooth but still delicious.

The original recipe calls for the optional addition of a melty vegan cheese like Daiya and vegan ham or bacon.



Gentle World has been serving as a clearinghouse for information about embracing a vegan diet and way of life for more than 50 years. At the site you can learn about every aspect of vegan living including recipes. The recipes may not all be WFPB but they are decidedly plant-based.

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FOR THE VEGAN IN EVERYONE

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