

INGREDIENTS

- 1 ½ cup potatoes, peeled and chopped
- 1 cup Carrots, chopped
- ½ cup Yellow Onion, diced
- 1 tsp Tumeric
- 3 cloves Garlic, whole
- 2 ½ cup Cashews, raw and soaked in water for 10 minutes
- ½ cup Nutritional Yeast
- Pasta of Choice

DIRECTIONS

1. Place the potato, carrot, onion, turmeric, and garlic in a medium sized pot. Cover with 2 cups of water and simmer for 20 minutes with the lid on.
2. After 20 minutes, add the veggies and liquid to a blender.
3. Drain the cashews and discard the water. Add the cashews to the blender with nutritional yeast, salt, and an additional ½ cup of water.
4. Blend until the sauce is creamy and smooth, about 2 minutes.
5. Cook the pasta according to the directions on the package then strain and rinse with cold water to stop it from cooking. Return to the pot.
6. Turn the heat to very low and pour as much cheesy sauce over the pasta as you like. Add salt and pepper to taste.



Plant Based Mac n' Cheese

Dairy-Free | Vegetarian | Vegan

Yield:
4 Servings

Prep Time:
20 Min

Cook Time:
25 Min