

# Vegan Mac 'n' Cheese

## Ingredients

- 2 yellow potatoes, peeled and cubed
- 1 medium carrot, cut into 1 inch (2.5 cm) pieces
- 1 medium onion, peeled and quartered
- ½ cup cashews
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon salt, plus more for water
- 2 tablespoons nutritional yeast, optional
- 1 lb elbow macaroni, cooked, for serving



## Instructions

1. Peel and cube the potatoes. Peel and chop the carrot. Peel and quarter the onion.
2. Add the vegetables to a large pot or Dutch oven of boiling salted water. Cover and simmer for 10 minutes, until the potatoes are fork-tender. Remove the boiled vegetables and save about 1 ½ cups of the cooking water.
3. Add the cashews, boiled vegetables, garlic powder, onion powder, salt, reserved cooking water, and nutritional yeast to a blender. Blend until smooth.
4. Pour the sauce over the macaroni and stir to coat. \*
5. Sprinkle with paprika and serve immediately.
6. Enjoy!

*\* Dr. Serna's Note: This also can be used as a delicious sauce over noodles, vegetables, and anything that needs a wonderful "cheesy" flavor!*



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