

Baked Mac 'n Cheeze

GLUTEN-FREE + VEGAN



INGREDIENTS:

- 4 quarts water
- 1 Tbsp sea salt
- 8 ounces macaroni
(gf if needed, I recommend quinoa pasta)
- 4 slices of bread, torn into large pieces
(gf if needed or use pre-made gf breadcrumbs)
- 2 Tbsp non-hydrogenated vegan margarine
(such as Earth Balance, which is also gf)
- ¼ tsp paprika

SAUCE INGREDIENTS:

- 2 Tbsp shallots, peeled and chopped
- 1 cup red or yellow potatoes, peeled and chopped
- ¼ cup carrots, peeled and chopped
- ⅓ cup onion, peeled and chopped
- 1 cup water
- ¼ cup raw cashews
- 2 tsp sea salt
- ¼ tsp garlic, minced
- ⅓ cup non-hydrogenated vegan margarine
(such as Earth Balance, which is also gf)
- ¼ tsp Dijon mustard
- 1 tsp lemon juice, freshly squeezed
- ¼ tsp black pepper
- ⅛ tsp cayenne



Tested and Approved by 86lemons.com

<http://86lemons.com/baked-mac-n-cheeze>

Original Recipe Source:

VegNews

<http://goo.gl/CFeqT>

YIELDS: 6 servings

STEP 1:

In a large pot, bring 4 quarts water and 1 tablespoon sea salt to a boil. Add macaroni and cook until al dente. In a colander, drain pasta and rinse with cold water. Set aside.

STEP 2:

In a food processor, make breadcrumbs by pulverizing the bread and 2 tablespoons margarine to a medium-fine texture. Set aside.

STEP 3:

Preheat oven to 350°F. In a saucepan, add shallots, potatoes, carrots, onion, and 1 cup water; bring to a boil. Cover the pan and simmer for 15 minutes, or until vegetables are very soft. Do not drain vegetables.

STEP 4:

In a blender, process the cashews, salt, garlic, ⅓ cup margarine, mustard, lemon juice, black pepper and cayenne. Add softened vegetables and cooking water to the blender; process until perfectly smooth.

STEP 5:

In a large bowl, toss the cooked pasta and blended cheese sauce until completely coated. Spread mixture into a 9 x 12 casserole dish *(86L: I used 9 x 9, which worked perfectly)*, sprinkle with prepared breadcrumbs, and dust with paprika. Bake for 30 minutes or until the cheese sauce is bubbling and the top has turned golden brown. *(86L: I also put mine under the broiler at 500°F for just 2-3 minutes at the end, just to brown up the breadcrumbs. Watch it closely so it doesn't burn!)*