

Vegan Comfort Food – Class 2

Vegan Mac n Cheese and Pesto Pasta

Vegan Mac n Cheese

¼ cup raw cashews

2 cups water

¾ teaspoon salt

¼ cup nutritional yeast

1 teaspoon onion powder

½ teaspoon garlic powder

3 tablespoons cornstarch or arrowroot

1 teaspoon to 1 tablespoon lemon juice to taste

1/3 cup roasted red bell pepper (packed in water)

8oz macaroni pasta

Place all ingredients (except the macaroni pasta) in a blender and blend until smooth. Pour into a saucepan and bring to a boil while stirring constantly. It will thicken to cheese sauce consistency. This sauce can be used as a dip for chips, over a taco salad, on tacos or burritos and over vegetables, as well as over macaroni or other pasta shapes.

Cook macaroni in boiling water until just done. Drain and place pasta into an oven-proof serving bowl. Pour cheese sauce over the macaroni. Optional - Bake in the oven at 400 F for 30 mins, or under broiler until browned.

Pesto Sauce

3-4 cups fresh basil leaves

¼ cup walnuts, chopped

¼ cup nutritional yeast

3 large garlic cloves, peeled and pressed or chopped

3 Tablespoons lemon juice

¼ tsp salt

Blend all ingredients in a food processor until a paste forms. You will probably need to stop and scrape down the sides from time to time. Gradually add a little water until the desired consistency is achieved. Taste and adjust the flavors by adding more salt or lemon juice if needed. This sauce can be stored in the refrigerator for a couple of days, or frozen.

This sauce can be added to cooked pasta cooked with frozen peas, for a quick, healthy and very satisfying meal.