



Vegan Cauliflower Macaroni and Cheese

Serves 6

Ingredients:

1 tablespoon lemon juice
1/4 teaspoon turmeric
1 cup unsweetened coconut milk
1 teaspoon kosher salt
1 lb elbow macaroni
1/2 teaspoon ground black pepper
1 teaspoon onion powder
1 clove garlic
1/2 tablespoon soy sauce
1/2 teaspoon chili powder
1 head cauliflower
1/4 cup nutritional yeast
Water

Directions:

1. Fill a large pot with water. Add salt and bring to a boil. Once boiling, add pasta and cook according to directions. Drain water and return to pot.
2. Break apart cauliflower florets and place in a steamer. Steam for 10 minutes then transfer to a blender.
3. Add lemon juice, turmeric, coconut milk, salt, black pepper, onion powder, garlic, soy sauce, chili powder and yeast to blender. Blend on high until ingredients reach a creamy, smooth consistency.
4. Pour half the sauce into the pot. Stir sauce and pasta together very well.
5. Spoon macaroni and cheese into serving bowls. Pour remaining sauce over top and enjoy.

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Week: 201442

RecipeIntro: A lighter, creamier and richer version of the classic dish, that's healthier.

Grouping: Vegan Recipes for Fall

Diet: Vegetarian

Season: Spring

CookingMethod: Boil