

Vegan, Gluten-Free Mac n' Cheese

Total Time: 1 hr.

Active: 40 min.

Serves: 4-5

Ingredients

2 medium sweet potatoes
2 cups almond milk
10 oz. gluten free, rice pasta (I love fusilli)
3 tbs. olive oil
1/3 cup arrowroot starch
1 tbs. nutritional yeast
2 tsp. fresh lime juice
2 cloves garlic finely chopped
2 tsp. tamari
1 1/2 tsp. dijon mustard
1/2 tsp. paprika
Sea salt and pepper to taste
Rosemary or sage (optional)



Directions

1. Heat oven to 425. Chop potatoes into 1 cm cubes, toss in a small amount of olive oil, spread on baking sheet and bake until soft but not brown (20-30 minutes).
2. Boil water for pasta and cook according to pasta package directions.
3. When potatoes are done combine 1 heaping cup with almond milk in a food processor and blend until smooth. Reserve the rest of potatoes for later.
4. Heat 3 tbs. of olive oil in a deep skillet over medium heat. Slowly add arrowroot starch, whisking constantly until oil and starch are combined. Whisk for 2-3 minutes more and then add chopped garlic. Whisk (constantly) and cook garlic for 1 more minute until you smell the garlic wafting to your nose!
5. Add all other ingredients (except fresh herbs): sweet potato mixture, yeast, lime, tamari, dijon, paprika, sea salt and pepper. Whisk to combine. Bring mixture to a boil and then lower heat to a simmer. Cook for about 10 minutes until mixture has thickened. Stir constantly.
6. When pasta is done, combine with sauce and reserved sweet potatoes. Stir well to coat. It is ready to serve like this! However if you love baked pasta like me you might throw it in the oven for 10-15 minutes at 350. I love to bake it with fresh herbs (rosemary or sage). Yum!

By, Heartful Health, Anastasia