HOLIDAY COOKING DEMO SERIES

Easy Mac and Chease

This simple stove top vegan mac and chease easily outshines the boxed stuff. Can’t find vegan cheese options in your grocery store? No worries! You can top the pasta of your choice with this perfectly creamy homemade “chease” sauce made with chickpeas!

Ready in 30 minutes | Serves 8 people

Ingredients

- 1 - 16 oz box pasta of choice, we used rigatoni
- 1/2 cup cooked chickpeas
- 2 cups unsweetened plant-milk, we used almond milk
- 1/2 lemon, juiced
- 3/4 tsp sea salt
- 1/2 tsp vegetable broth concentrate (optional)
- 1/3 cup nutritional yeast
- 1 tsp garlic powder
- 1/2 tsp smoked paprika
- 1/4 tsp ground turmeric
- 4 tsp cornstarch – you can also use potato or tapioca starch.

Preparation

1. Cook pasta according to package instructions. Drain and set aside.
2. Add all remaining ingredients to a blender and blend for 30-60 seconds until smooth.

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3. Add sauce to a large sauce pan and simmer on medium–low heat for five minutes until the sauce is bubbling. It should be thick enough that it coats the spoon, but thin enough what it still runs off of it freely.

4. Add cooked pasta to sauce and gently stir until evenly coated. Cook for another five to ten minutes until the pasta has heated through evenly and sauce clings to pasta.

5. Serve right away and enjoy! Can be cooled and stored in an air-tight container in the the refrigerator for up to a week.