

## Veggie Mac and Cheese

- 2 c. potatoes, chopped (1 yam, 1 Russet potato)
- 1 c. onion, chopped
- 1 c. carrots, chopped
- 4 small garlic cloves, or 2 large
- 1 Bay leaf
- 4 c. water
- ½ c. raw cashews
- ¼ c. nutritional yeast
- 2 t. onion powder
- 1 ½ t. garlic powder
- ½ t. celery seed
- ½ t. sage
- Pinch of thyme
- 1-2 t. salt, to taste
- Juice of ½ lemon or 1 T.
- 1 c. almond milk
- Additional vegetable broth to thin as desired

### Instructions

1. Put potatoes, carrots, onion, garlic and bay leaf in water and bring to boil. Reduce heat and cook until veggies are fork tender, about 10-15 minutes.
2. Drain veggies (save broth for other uses like making gravy) and remove bay leaf. Add all ingredients to blender, including almond milk, and blend until smooth.
3. Add additional vegetable broth to thin more if desired.
4. Mix with your favorite pasta like macaroni or conchiglie and enjoy!

### Toppings and Variations

- Top with **Vegan Parmesan Cheese** (recipe from previous class)
- Top with sautéed or steamed asparagus, caramelized onions, peas or fresh cherry tomatoes
- Stir in some sautéed red pepper, fresh cooked broccoli or lightly cooked spinach to cheese sauce
- Add additional vegetable broth and cooked broccoli to make a broccoli/cheese soup!

**Did You Know?** So, once and for all, what's the difference between sweet potatoes (light yellow) and yams (orange)? First of all, the tubers are not related to each other, nor to potatoes. Sweet potatoes are from sub-tropical American climes and are actually related to morning glories. Yams, meanwhile, are originally from Africa and Asia and are related to lilies. Either one can be an excellent nutrition choice. Either food can be mashed and secretly added to cake and cookie recipes to replace some of the refined sweeteners, and to add fiber. **Healthline.com**