

Recipe For: Mac and "Cheese" Casserole - Tiffany Meyer

Ingredients & Directions:

Servings: serves 5



1. Cook 3 1/2 cups elbow macaroni.
2. In a saucepan, melt 1/2 cup margarine (or butter) over low heat.
3. Beat in 1/2 cup flour with a wire whisk and continue to beat over a medium flame until the mixture (called a roux) is smooth and bubbly.
4. Whip in 3 1/2 cups boiling water, 1 1/2 tsp. salt, 2 Tbsp. soy sauce, 1 1/2 tsp. garlic powder, and a pinch of turmeric, beating well to dissolve the roux.
5. The sauce should cook until it thickens and bubbles. Then whip in 1/4 cup vegetable oil and 1 cup nutritional yeast flakes.
6. Mix part of the sauce with the noodles and put in casserole dish, and pour a generous amount of sauce on top. Sprinkle top with paprika and bake for 15 minutes in a 350-degree preheated oven.
7. Put under broiler for a few minutes until "cheese" sauce gets stretchy and crisp.



Notes: From The New Farm Vegetarian Cookbook