

VEGAN MACARONI & CHEESE

4-6 servings | 15 minutes active time | 50 minutes total time | Easy

About

A plant-based take on classic comfort food that tastes as good as the original!

Ingredients

2 cups elbow macaroni or other small pasta¹

½ teaspoon dry mustard (or 1½ teaspoons prepared mustard)

½ teaspoon paprika (smoked or regular)

½ teaspoon onion powder

¼ teaspoon salt

¼ teaspoon black pepper

2 tablespoons vegan spread (such as Earth Balance)

2 tablespoons all-purpose flour¹ (for stovetop preparation only – omit for Instant Pot)

5 tablespoons plus 1 teaspoon vegan cream cheese

1-1½ cups² plant-based milk (Ripple pea protein milk preferred³)

4 ounces Follow Your Heart Dairy-Free Parmesan⁴ Shredded or 5 ounces Grated – reserve 2 tablespoons if baking

½ cup vegan breadcrumbs (homemade, Panko or another brand)¹ – optional, for baking

½ teaspoon olive oil – optional, for baking

Directions

Instant Pot preparation

- Add the macaroni, dry mustard, paprika, onion powder, salt and pepper to the Instant Pot liner. Add water just to cover the pasta. Place buttery spread on top of pasta.
- Attach lid and set to Pressure Cook or Manual for 6 minutes on High.
- When finished cooking, let stand for 1 minute before cautiously doing a manual release of pressure.
- Stir the pasta to break up any clumps. Do not drain the remaining water.
- Add the cream cheese in 3-4 dollops and stir until melted. Stir in about half the milk.
- If using prepared mustard, add it now and stir until incorporated.
- Stir in the parmesan, adding the remaining milk a little at a time until the desired consistency is reached.



Stovetop preparation

- Cook the macaroni per package instructions.
- While the pasta cooks, melt the buttery spread in a small saucepan over low heat. Add the flour, dry mustard, paprika, onion powder, salt and pepper, and stir until mixed.
- Add the milk, stirring constantly with a whisk until it begins to thicken.
- Remove milk from heat and stir in the parmesan. If using prepared mustard, add it now and stir until incorporated into the cheese sauce.
- Drain the macaroni once it has finished cooking, reserving about ½ cup of the pasta water. Return the pasta and reserved water to the pot.
- Add the cream cheese in 3-4 dollops and stir until melted. Stir in the cheese sauce.

To bake (optional, but recommended)

- Transfer macaroni and cheese to an oven-safe casserole or Pyrex dish.
- Stir reserved parmesan into breadcrumbs. Drizzle olive oil over the mixture and stir until combined.
- Sprinkle breadcrumb mixture over the macaroni.
- Bake at 350°F for 30 minutes.

Notes

1. For a gluten-free variation, use Banza chickpea elbows or other GF pasta of your choice, GF flour (for stovetop preparation), and GF breadcrumbs or crushed GF crackers (for baking).
2. Start with 1 cup of milk and increase the amount if necessary.
3. You can use any plant-based milk, but I prefer the neutral flavor of Ripple.
4. This recipe was written taking a coconut allergy into consideration. Follow Your Heart parmesan has an excellent flavor, melts well, and contains no coconut oil.