

## Macaroni & "Cheese" (Vegan)

Submitted by a reader from The Veggie Web site - " I never use a recipe for this dish, so the ingredient amounts might be a little off. Adjust as necessary. I've tried endlessly to find a good vegan cheese substitute for macaroni and cheese, and Soymage is the best. This dish is much better than those recipes with nutritional yeast, and any ex-mac & cheese aficionado vegan will definitely be satisfied!"

Serves: 2-4

Preparation time: 1/2 hr. + baking time

### Ingredients:

- 2 c. macaroni
- 1 T soy margarine
- 1 T flour
- 3 c. soy milk
- 4 oz. Soymage cheddar cheese substitute (Important! Must use Soymage!)
- 1 small clove garlic, minced
- 1 medium onion, chopped
- 1 T minced parsley
- 1 tsp. salt
- 1 tsp. white pepper
- paprika

### Directions:

Cook pasta until barely tender; drain and set aside.

Melt margarine in a saucepan and add flour. Slowly add the soy milk, constantly whisking the mixture. If the consistency is not thick enough, slowly sprinkle in some flour, starting with 1/2 T and adding more if necessary. Meanwhile, continue whisking. Add cheese, garlic, onion, parsley, salt, and pepper. Whisk until sauce is thick and smooth.

Combine sauce and pasta, and sprinkle with paprika. Bake at 375 degrees in a greased casserole dish for at least 30 minutes. I like a nicely golden crust, so I bake it for a bit longer. Yum.