Baked Macaroni and Cheese with Carrot-Cauliflower Cheese Sauce

Source: Dustin Harder of DustinHarder.com

About the Recipe

330 Calories · 2 g Protein · 6 g Fiber
Dinner

Ingredients

Makes 8 Servings

- 1 pound (454 g) elbow macaroni
- 1 onion, roughly chopped
- 4 cloves (12 g) garlic, roughly chopped
- 1/4 cup (46 g) arborio rice
- 1 medium russet potato, peeled and cut into 1-inch chunks
- 2 medium carrots, peeled and cut into 1-inch pieces
- 2 cups (200 g) cauliflower florets, roughly half of a head of cauliflower
- 3 cups (705 mL) low-sodium vegetable broth
- 1/4 cup (16 g) nutritional yeast
- 1/4 cup (39 g) sauerkraut
- 1 tablespoon (16 g) tomato paste
- 1 tablespoon (11 g) Dijon mustard
- 2 teaspoons (10 mL) white wine vinegar
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon smoked paprika
- 1 tablespoon (16 g) chickpea miso paste **optional*
- Breadcrumbs **optional*

Directions

1. Prepare the macaroni according to package instructions. Drain and set aside.
2. Heat a saucepot over medium heat, add the onion, and saute for 3 minutes until soft. Add 2 tablespoons of water or vegetable broth as needed to prevent the onion from sticking. Add the garlic and saute 1 additional minute until fragrant; add liquid if needed. Add the rice, potato, carrots, cauliflower, and vegetable broth. Cover the pot and bring to a boil. Reduce to a simmer, let cook for 10 minutes until the carrots are fork tender, and crack the lid so it doesn’t boil over if needed. Transfer to a blender.
3. Add the nutritional yeast, sauerkraut, tomato paste, Dijon, vinegar, salt, and smoked paprika to a blender and blend until smooth and creamy. Add the miso, if using, and blend until well incorporated.
4. Add the cheese sauce to the macaroni and stir to combine and all the pasta is coated with cheese.
5. If desired, preheat the oven to 350 F. Add the macaroni and cheese to a 9-by-13-inch baking dish. If using, sprinkle with the optional toppings (breadcrumbs, extra nutritional yeast, and extra smoked paprika) and bake for 24 to 26 minutes, until the top looks dry and the edges have started to crisp up. Sprinkle with fresh chopped parsley, if desired.

Nutrition Facts

Per serving:
Calories: 330
Fat: 2.1 g
    Saturated Fat: 0.39 g
    Calories From Fat: 5.4%
Cholesterol: 0 mg
Protein: 13.4 g
Carbohydrate: 64 g
Sugar: 3.5 g
Fiber: 6 g
Sodium: 873 mg
Calcium: 39 mg
Iron: 2.9 mg
Vitamin C: 15.5 mg
Beta-Carotene: 1409 mcg

Vitamin E: 0.45 mg