

# Vegan Macaroni and Cheese

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-umeboshi-paste-recipe>

## Ingredients:

- 1/2 sweet potato large, scrubbed and cut into large chunks.
- 1 carrot medium, top and tailed, washed and cut into thick slices
- 1/2 onion small, peeled and halved
- 1/4 red bell pepper thickly sliced
- 1/2 cup cashew broken, pieces, pre-soaked for 2-4 hours, or overnight, See Notes
- 1/2 cup nutritional yeast
- 1 teaspoon umeboshi paste generous teaspoon, optional
- 1/2 teaspoon turmeric
- 1/4 teaspoon smoked paprika
- 1 tablespoon sweet white miso
- 1 teaspoon Dijon mustard
- 1/2 lemon small
- non dairy milk your choice, preferably unsweetened, double-check ingredients!
- whole grain pasta your choice, sufficient for four servings

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 28 grams
3. Fat: 15 grams
4. Fiber: 10 grams
5. Protein: 16 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 200 milligrams
8. Sugar: 4 grams

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