

## Mac 'n' cheese

If there are leftovers or you'd like to have some servings that you can heat later as needed, this recipe freezes well.

(Serves 20)

- 3 cups non-dairy margarine
- 1 cup flour
- 10 cups (1 quart + 1 cup) low-sodium vegetable broth
- 2 Tablespoons low-sodium soy sauce
- 4 Tablespoons garlic powder
- 3 Tablespoons paprika
- 2 Tablespoons turmeric (to produce a yellow color), optional
- 1 1/2 Tablespoons white pepper
- 3 cups nutritional yeast
- 3 pounds cooked elbow or salad macaroni (Start with 1 1/2 pounds uncooked pasta.)

Preheat oven to 350 degrees. Melt the margarine in a stock pot. As soon as it is melted, turn off heat and whisk in the flour to make a roux (paste). Gradually whisk in the broth to create a smooth, lump-free liquid. Stir in the soy sauce, garlic powder, paprika, turmeric, and pepper. Put heat on very low and add nutritional yeast. Cook and mix for approximately 4-5 minutes until the sauce is smooth and creamy. Add the macaroni to the sauce and mix until evenly coated. Cover and keep warm.

### TOPPING

- 8 Tablespoons non-dairy margarine
- 4 cups dried bread crumbs

In a medium-sized pan, melt the margarine. Remove pan from the heat and stir in the bread crumbs.

Pour the macaroni into full hotel pan (2 inches). Top with bread crumbs. Bake uncovered for 25 minutes or until just bubbly. Serve hot.

If freezing portions, allow the recipe to cool completely in the refrigerator before packaging in airtight containers and placing in the freezer.

Total calories per serving: 630 Fat: 34 grams

Carbohydrates: 60 grams Protein: 21 grams

Sodium: 635 milligrams Fiber: 9 grams

(Serves 5)

- 4 Tablespoons non-dairy margarine
- 1/4 cup flour
- 3 cups low-sodium vegetable broth
- 2 teaspoons low-sodium soy sauce
- 2 Tablespoons garlic powder
- 1 Tablespoon paprika
- 1 Tablespoon turmeric (to produce a yellow color), optional
- 2 teaspoons white pepper
- 1 cup nutritional yeast
- 3 cups cooked elbow or salad macaroni (Start with 1 1/2 cups uncooked pasta.)

Preheat oven to 350 degrees. Melt the margarine in a medium-sized pot. As soon as it is melted, turn off the heat and whisk in the flour to make a roux (paste). Gradually whisk in the broth to create a smooth, lump-free liquid. Stir in the soy sauce, garlic powder, paprika, turmeric, and pepper. Put heat on very low and add nutritional yeast. Cook and mix for approximately 4-5 minutes until the sauce is smooth and creamy. Add the macaroni to the sauce and mix until evenly coated. Cover and keep warm.

## **TOPPING**

- 2 Tablespoons non-dairy margarine
- 1 cup dried bread crumbs

In a small pan, melt the margarine. Remove pan from the heat and stir in the bread crumbs.

Pour the macaroni into an 8 x 8-inch baking pan. Top with bread crumbs. Bake uncovered for 25 minutes or until just bubbly. Serve hot.

If freezing portions, allow the recipe to cool completely in the refrigerator before packaging in airtight containers and placing in the freezer.

Total calories per serving: 501 Fat: 17 grams  
Carbohydrates: 64 grams Protein: 26 grams  
Sodium: 470 milligrams Fiber: 12 grams

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[http://www.vrg.org/journal/vj2012issue4/2012\\_issue4\\_assisted\\_living\\_food\\_service.php](http://www.vrg.org/journal/vj2012issue4/2012_issue4_assisted_living_food_service.php)