

Creamy Mac 'n' Cheese

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 30 minutes

Step 1: Making the "Cheese" Sauce

- 2 tbsp oil (coconut or grapeseed oil)
 - 3 tbsp gluten-free flour
 - 1/4 cup beer
 - 1 3/4 to 2 cups non-dairy milk
 - 1 tsp mustard powder
 - 3/4 tsp onion powder
 - 1/4 tsp garlic powder
 - 1 tbsp light miso paste
 - 1/3 cup nutritional yeast
 - 3/4 tsp sea salt (or to taste)
 - 1/8 tsp white pepper (or to taste)
 - truffle oil (optional and to taste)
- To start the sauce, melt the oil and add the flour. Note: We used a gluten-free flour (search Rouxbe for recipe) but regular all-purpose flour can be used instead. Let cook for a minute or so and then add the beer and whisk to combine. Then slowly whisk in non-dairy milk of choice, preferably unsweetened. Add just enough milk to reach a thick sauce-like consistency. Remember you can always thin it out a bit later.
- Add the mustard, onion and garlic powder along with the miso paste and nutritional yeast and whisk to combine. Taste for seasoning, adding salt and pepper as needed.
- If desired, add a few drops of truffle oil to finish.

Step 2: Cooking the Pasta

- 1/2 lb gluten-free pasta*
- To cook the pasta, bring a large pot of salted water to a boil. Cook according to the package. For added flavor, add a couple of bay leaves to the pasta as it cooks.
- *Note: If gluten is not an issue, regular pasta can be used instead.
- Once the pasta has cooked, drain and place back into the pot.

Step 3: Finishing the Dish

Pour enough sauce over the pasta to create the desired consistency. If desired, you can add a bit of non-dairy cheese to finish.