

Macaroni and Cheese for Comfort Food

Prep Time: 5 mins

Cook Time: 30 mins

Ingredients

2 Cups Macaroni
2 Tbsp Unsalted Butter
2 Tbsp All-purpose Flour
½ tsp Dry Mustard
¼ tsp Garlic Powder
Pinch Ground Black Pepper
1 cup Milk
2 Tbsp Nutritional Yeast
½ Cup Shredded Mozzarella
¼ Cup Cream Cheese

Makes 3 Servings

Nutrition Information

For 1 medium bowl or 1/3 pot:

- Protein: 21 g
- Calories: 597 kCal
- Sodium: 239 mg

Instructions

1. Add water to an empty sauce pot and bring water to a boil.
2. Add pasta and cook until soft.
3. Add butter and let melt.
4. Add flour, dry mustard, garlic powder, and black pepper. Stir to incorporate and cook on low.
5. In small amounts add the milk, while whisking, until fully incorporated.
6. Reduce heat until lightly simmering. Stir in nutritional yeast, mozzarella, and cream cheese and mix until fully melted.
7. Cook until mixture is smooth.
8. Pull off the heat, and add the pasta, mix thoroughly.
9. Plate a portion in a nice bowl.