

# Mac and Cheese

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## Ingredients:

1. 1 box whole wheat pasta
2. 1 butternut squash
3. 3 cups unsweetened soy milk
4. 2 Tbs corn starch
5. 4 Tbs nutritional yeast
6. 1 tsp mustard powder (Coleman's)
7. 1 tsp garlic powder
8. 1 tsp smoked paprika
9. 14 oz tomato sauce (see separate recipe)

## Directions:

Cut the butternut squash into large pieces and remove the seeds. Steam the butternut squash until tender.

Cook the pasta as per package directions and set aside.

When cooked, scoop the flesh out of the skin with a spoon. Reserve 2 cups for the sauce. Set aside another cup of the squash and dice it



To make the sauce combine the 2 cups of cooked butternut squash, and ingredients numbered 3 through 9 in a blender and blend until smooth.

Pour the sauce into a large pot and simmer on low heat. Stirring often. As soon as the sauce comes to a simmer, add the cooked pasta and 1 cup of diced butternut squash. Mix to combine. Don't worry about the extra liquid.

Place the mixture in a a 9-by-13-inch baking dish and top with panko breadcrumbs. Place under the oven broiler set to low for 5 minutes to brown the top of the dish.