



VEGAN Corny Veggie Mac 'n Cheese Cups!

By Erin Fletter

Prep Time 40 / **Cook Time** 25 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

brine: to soak in salted water.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

mince: to chop into teeny tiny pieces.

mix: to thoroughly combine two or more ingredients until uniform in texture.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

scoop: to pick up an amount of food with a utensil to move it to a dish, pan, or container; utensils that can be used to scoop are spoons, dishers (small scoops used for cookie dough or melon balls), ice cream scoops, or large transfer scoops for bulk foods.

Equipment

- Oven
- Muffin pan
- Large mixing bowl
- Liquid measuring cup
- Measuring spoons
- Cutting board + kid-safe knife
- Grater
- Blender
- Colander

Dry measuring cups

Ice cream scoop

Ingredients

VEGAN Corny Veggie Mac 'n Cheese Cups!

1 C uncooked macaroni or other small, shaped noodles ******(for GLUTEN ALLERGY sub gluten-free/nut-free noodles)******

2 tsp salt

3/4 C mixed raw veggies (broccoli, cauliflower, carrot, tomatoes, small sweet potato, etc.)

1 parsnip

1/2 lb silken tofu ******(for SOY ALLERGY sub 1/2 can white beans)******

1/4 tsp ground nutmeg

1/4 tsp garlic or onion powder (or 1 fresh garlic clove, minced)

1 tsp salt

1/4 tsp ground pepper

1 tsp lemon juice

1/2 C nutritional yeast

3/4 C frozen corn

Veggie streusel crust:

1/2 C reserved minced veggies (from veggies for Mac 'n Cheese Cups)

1/4 C Italian or panko breadcrumbs ******(for GLUTEN ALLERGY sub gluten-free breadcrumbs)******

1/4 C all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free flour)******

2 T olive oil

1 pinch salt

Food Allergen Substitutions

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Gluten/Wheat: Substitute gluten-free noodles for macaroni in Vegan Mac 'n Cheese Cups. Substitute gluten-free flour for all-purpose flour and gluten-free breadcrumbs for panko breadcrumbs in Streusel

Crust.

Soy: Substitute 1/2 can white beans for 1/2 lb tofu in Vegan Mac 'n Cheese Cups.

Instructions

VEGAN Corny Veggie Mac 'n Cheese Cups!

preheat + brine + mince

Preheat the oven to 350 F. In a medium-sized pot or large mixing bowl, soak **1 cup uncooked macaroni** in **3 cups of warm water + 2 teaspoon salt** for 10 to 20 minutes. Chop your choice of **veggies** to total about 1 1/2 cups (reserve ****1/2 cup** for the Crispy Veggie Streusel Crust (recipe below)). Chop all veggies into tiny pieces! If using sweet potato, grate it.

grate + measure + blend

Grate **1 parsnip** and add to a blender. Add **1/2 pound silken tofu, 1/4 teaspoon nutmeg, 1/4 teaspoon garlic, 1 teaspoon salt, 1/4 teaspoon black pepper, 1 teaspoon lemon juice, 1 tablespoon olive oil,** and **1/2 cup nutritional yeast**. Blend until smooth.

drain + mix + grease + scoop

Drain noodles in a colander and mix into the blended sauce. Then mix in **3/4 cup frozen corn** and **3/4 cup chopped veggies**. Grease a muffin pan and then use an ice cream scoop to divide Vegan Mac 'n Cheese into each well of the pan.

streusel: mix + sprinkle

In a mixing bowl, add **1/2 cup reserved minced veggies, 1/4 cup Italian breadcrumbs, 1/4 cup flour, 2 tablespoons olive oil,** and **1 pinch of salt**. Mix with hands until a crumbly texture forms. Sprinkle evenly over Mac 'n Cheese Cups just before baking for about 20 to 25 minutes, or until the tops are golden brown. Enjoy!