

Lunch | Dinner

Gluten & Dairy-Free Mac and Cheese

10 Mins
Prep Time

15 Mins
Cook Time

8
Servings

 **366** Calories **14g** Fat **49g** Carbs **17g** Protein



Ingredients

 **8 Servings**  **25 Mins Total**  **Allergens: N/A**

1 lb Carrots, peeled and diced 

1 Medium White Onion, peeled and diced 

1 Tsp Salt

1 Tsp Ground Pepper

2 ½ Cups Vegetable Stock

1 Can Lite Coconut Milk

2 Tsp Garlic Powder 

1 Tsp Paprika

1 lb Bean-Based Pasta, or Gluten-Free Noodles 

2 Cups Dairy-Free Cheddar Cheese

Nourishment Note!



Carrots

Carrots are rich in carotenoids, lutein, and lycopene- nutrients that help promote skin, eye, and hair health. Carrots may also lower inflammation and reduce the risk of cancer and heart disease.



Onion

Onions help feed our gut bacteria, promoting a healthy digestive system. Onions are also high in antioxidants to protect healthy cells from damage, and they may help reduce the risk of heart disease.



Garlic

Garlic is a member of the onion family and is rich in vitamins, minerals, and antioxidants to help reduce the risk of various diseases, such as heart disease, Alzheimer's, and Dementia.



Bean-Based Pasta

Bean-based pasta provides adequate amounts of fiber and protein. Fiber is important in maintaining gut-health and regularity, and protein helps grow new and healthy cells.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Carrots & Onions

Add carrots, onion, salt, pepper, and 2 cups vegetable stock to a large pot and cover. Simmer for 10 minutes or until carrots are soft.

3. Blend Ingredients

Remove pot from stove-top, and add ½ cup vegetable stock, coconut milk, paprika, and garlic powder. Using an immersion blender, blend contents until completely smooth. If using a blender, carefully transfer mixture to a blender and blend on high until smooth. Transfer back to stove, add cheese, and salt and pepper to taste. Stir until melted and gooey.

4. Cook Pasta

Cook pasta noodles according to package instructions. Once cooked, add noodles to the large pot of sauce.

5. Stir & Enjoy!

Stir contents together and enjoy!

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Cutting Board



Knife



Vegetable Peeler



Measuring Cups



Measuring Spoons



Can Opener



Large Pot



Medium Pot



Wooden Spoon



Blender or Immersion Blender



Mesh Strainer

PD Cooking Tips

Carrots: Use pre-shredded carrots.

Onion: Look for pre-diced onion in the deli-section of your local grocery.

Noodles: Cook noodles in advance to minimize kitchen time and limit fatigue.