

Joy of Living Cooking School

January 2021 Enlightened Soul Food

Vegan Mac & Cheese (8 servings)

- 10 ounces dried macaroni
- 1 potato, peeled and diced
- 1 carrot, peeled and diced
- 1/3 cup chopped onion
- 3/4 cup cooking water, from boiled vegetables
- 1/2 cup raw cashews
- 1/4 cup unsweetened oat milk
- 2 tablespoons nutritional yeast
- 1 tablespoon fresh lemon juice
- 1/4 tsp garlic powder
- 1 pinch paprika



Cook macaroni al dente, according to package instructions, drain, and set aside. In a small pot, bring 3 cups of water to a boil. Place potatoes, carrots, and onions. Cook for about 10 minutes, or until vegetables are tender and soft enough to blend. Remove the boiled vegetables from the pot and reserve the cooking liquid. Place the vegetables into a blender along with your remaining ingredients. Blend until smooth, adding approximately 3/4 cup of the cooking water to reach a smooth consistency. Pour sauce over your cooked macaroni noodles and stir well. Adjust seasoning to taste. Serve warm.

Nutrition Facts

Servings: 8

Amount per serving	216
Calories	% Daily Value*
Total Fat 4.8g	6%
Saturated Fat 0.9g	5%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 36.2g	13%
Dietary Fiber 2.9g	10%
Total Sugars 2.8g	
Protein 7.8g	
Vitamin D 3mcg	16%
Calcium 31mg	2%
Iron 2mg	13%
Potassium 312mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by [verywell](#)

Red Beans & Rice (10 servings)

- 1 pound dry red beans, soaked overnight
- 1 medium yellow onion, diced
- 1 green bell pepper, cored and diced
- 2 medium stalks celery, diced
- 6 cloves garlic, minced (about 1 tablespoon)
- 2 tablespoons fresh parsley, chopped, plus more for garnish
- 1 teaspoon dried thyme
- 1 teaspoon paprika
- 2 bay leaves
- 1 32-ounce container vegetable broth
- 1 1/2 cups dry brown rice
- 1/2 teaspoon liquid smoke (optional)



Drain the red beans; set aside. In a large pot over medium heat, add onion, bell pepper and celery. Cook until vegetables are tender and slightly browned, about 8-10 minutes adding small amounts of water as needed to keep from sticking. Add garlic; cook for one more minute, until fragrant. Add parsley, thyme, paprika; stir to evenly coat the vegetables in the spices. Cook for one minute. Add red beans, bay leaves and vegetable broth. Bring to a boil; cover, lower heat and simmer for 1 hour and 15 minutes. Remove lid; let simmer uncovered for 15 minutes. While the beans are cooking, prepare rice according to package directions. When the beans are ready, blend 1/4 of the beans until smooth. Return to pot; add liquid smoke (if using). Stir. Serve beans with a scoop of rice and a sprinkle of chopped parsley.

Nutrition Facts

Servings: 10

Amount per serving	286
Calories	% Daily Value*
Total Fat 1.9g	2%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 307mg	13%
Total Carbohydrate 53.5g	19%
Dietary Fiber 8.7g	31%
Total Sugars 2.3g	
Protein 14.8g	
Vitamin D 0mcg	0%
Calcium 64mg	5%
Iron 4mg	23%
Potassium 864mg	18%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by [verywell](#)