

## Macaroni and Cheese

1 1/2 cups of plain soymilk (not vanilla)  
1 cup of water  
6 Tbsp. cup soy sauce  
1 1/2 cups of nutritional yeast  
1 Tbsp. paprika (use smoked paprika for half of this if you have it!)  
1 Tbsp. garlic powder  
1 Tbsp. seasoned salt  
12 ounces firm or extra firm tofu  
1/2 cup of canola or vegetable oil  
1 dollop of mustard

1 pound dry macaroni, cooked in boiling water till NOT QUITE tender.

Put everything for the sauce in the blender and blend till smooth.

Lightly grease a 13 by 9 inch pan. (I just spray with Pam spray). Mix together the cooked macaroni and this sauce and pour into the casserole. Going into the oven it should be real "soupy" ... more sauce than you think you'll need .... since during baking the macaroni will soak up A LOT of the sauce. I generally pour the sauce alone into the casserole, then just add as much pasta as needed. Again, err on the side of too little pasta. Make the whole thing quite soupy. Once out of the oven, and given 20 minutes or so to sit, it will be a thick casserole type of dish.

Bake uncovered at 350° until hot and bubbly all over ... 20-30 minutes.