



Makes 8 casseroles
Preparation Time: 15 minutes
Cook Time: 30 minutes

INGREDIENTS:

4 cups dry whole wheat macaroni

1 cup frozen or fresh green peas

1 ½ cups unsweetened, unflavored plant-based milk

⅓ cup + 1 tablespoon nutritional yeast

⅓ cup potato flour

¼ cup jarred roasted red pepper

2 tablespoons oat flour

1½ tablespoons white wine vinegar

1½ teaspoons dry mustard

½ teaspoon garlic powder

Sea salt, to taste

Freshly ground black pepper, to taste

⅓ cup bread crumbs (preferably coarse)

1 teaspoon white miso paste

Mini Vegan Mac and Cheese Casseroles

Potato flour, [nutritional yeast](#), and roasted red peppers form the base of a surprisingly cheesy dairy-free sauce in these mini vegan mac and cheese casseroles. Juicy green peas add bursts of earthy sweetness throughout the creamy noodles while savory [miso](#) breadcrumbs create the perfect crispy topper. Each adorable ramekin is stuffed to the brim with this adult version of a childhood favorite and baked until the sauce gets bubbly and gooey. Enjoy this dish fresh out of the oven to satisfy your nostalgic cravings for a comforting bowl of cheesy pasta.

For more vegan mac and cheese recipes, check out these tasty ideas:

- [Mac and Cheese with Roasted Veggies](#)
- [Butternut Squash Mac and Cheese with Broccoli](#)
- [Southwestern Vegan Mac and “Cheese”](#)
- Or check out our full collection of [vegan mac and cheese recipes](#)

By Darshana Thacker Wendel

- 1 Preheat oven to 375°F. Cook macaroni according to package directions, adding peas the last 2 minutes of cooking. Drain; return macaroni and peas to pot.
- 2 In a blender combine milk, ⅔ cup of the nutritional yeast, and the next six ingredients (through garlic powder). Cover and blend until smooth. Season with salt and black pepper. Add to macaroni mixture; stir well. Taste and adjust seasoning.
- 3 Arrange eight 12-oz. ramekins on a baking sheet. Spoon macaroni mixture evenly into ramekins.
- 4 In a small bowl combine bread crumbs, miso, and the remaining 1 tablespoon nutritional yeast; massage with fingers until mixture has a crumbly texture. Sprinkle evenly over casseroles.
- 5 Bake 20 to 30 minutes or until lightly browned on top. Let stand 5 minutes before serving.
- 6 To store, let casseroles cool to room temperature; cover tightly with plastic wrap. Store in the refrigerator up to 3 days or freeze up to 1 month. Thaw at least 2 hours in the refrigerator. Bake, uncovered, in a 350°F oven about 20 minutes or until heated through.