



Makes 8 cups
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

½ cup raw, unsalted cashews

1 medium beet or 2 medium carrots (6 oz. total), peeled and chopped

12 oz. dry whole grain macaroni

1 large onion, thinly sliced (2½ cups)

3 stalks celery, thinly sliced (1½ cups)

½ cup unsweetened, unflavored plant-based milk

3 tablespoons red wine vinegar

2 teaspoons chopped fresh thyme

¾ teaspoon sea salt

½ teaspoon freshly cracked black pepper

¼ teaspoon freshly ground nutmeg

Easy, Creamy Beet Pasta

Looking for a fresh way to enjoy beets? This nourishing twist on **macaroni and cheese** turns the earthy sweetness of cooked **beets** into a silky pink sauce that's as beautiful as it is delicious. Featuring beets blended with soaked cashews, plant-based milk, red wine vinegar, and fresh thyme, the sauce has a mild sweetness and perfectly creamy texture. The pasta is cooked with onions and celery to add depth. Red wine vinegar plays a key role in brightening the flavors in this beet pasta, so a good-quality vinegar really makes a difference.

Tips

Gluten-free version: To make this gluten-free, use gluten-free macaroni.

For more inspiration, check out these tasty ideas:

- [Stove-Top Vegan Macaroni and Cheese](#)
- [Veggie Mac and Cheese with Sun-Dried Tomatoes](#)
- [Vegan Chili Mac and Cheese](#)
- Or check out our full round-up of mac and cheese recipes [here](#).

By Kathryn Johnson, RDN, LD

- 1 Soak cashews in enough very hot water to cover 15 minutes; drain and rinse.
- 2 In a medium saucepan combine beet and enough water to cover. Bring to boiling; reduce heat. Simmer, uncovered, 10 to 12 minutes or until very tender; drain.
- 3 Prepare pasta according to package directions, adding onion and celery to boiling water with pasta. Drain, reserving 1 cup pasta cooking water. Return pasta and vegetables to pot.
- 4 Meanwhile, for sauce, in a blender or food processor combine soaked cashews, cooked beet, and the remaining ingredients. Cover and blend 2 to 3 minutes or until smooth.
- 5 Add sauce to the pasta and vegetables. Cook over medium 1 to 2 minutes or until heated through, stirring often and adding as much of the reserved pasta water as needed to achieve desired consistency. Top servings with additional fresh thyme.