

# Vegan Hamburger Helper (Cheeseburger Macaroni)

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**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

**Difficulty:** Easy

**Cuisine:** American, Vegan

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## Ingredients:

- ½ box of whole wheat macaroni or penne pasta.
- 1 block of Daiya Cheddar Cheese or other preferred vegan cheese.
- Meatless crumbles or other vegan meat (I used half a package).
- ½ cup of soy milk or other dairy free milk.
- ¼ of a yellow onion (diced).
- ½ cup of spinach (chopped).
- 1-3 tablespoons of nutritional yeast.
- ½ tablespoon of minced garlic.
- Dash of salt.
- ½ teaspoon of paprika.
- ¼ package of taco seasoning (for meatless crumbles).
- ½ tablespoon of oil or vegan butter.

## Directions:

- Boil pasta according to package instructions.
- Sauté onion and garlic in a nonstick skillet.
- Over medium heat, add in meatless crumbles to the skillet and cook according to package instructions.
- Add in seasoning packet to the meat mixture with a few tablespoons of water.
- When mixture is browned, turned down heat to low. Set aside for later.
- Drain pasta and set aside for later.
- In a medium sauce pan over medium heat, add vegan butter and part of the nutritional yeast and mix this together. When it has thickened, add in the soy milk.
- Cut vegan cheese block into small pieces and add into milk mixture.
- Stir occasionally so there are no clumps and when mixture is completely melted add to the pasta. You might have to add more soy milk as you go along.
- Then, add the meat mixture into pasta (drain any excess liquid before doing this).
- Optional: add chopped spinach, paprika, and remaining nutritional yeast to the finished product.

### Additional Comments:

- If you don't have access to a ground beef substitute, you could use tempeh or a mushroom mixture.
- For a healthier cheese substitute, you could do a cashew cheese. To make this, blend together 1 cup of soaked cashews with nutritional yeast and a steamed potato and a steamed carrot (with soy milk or water).
- Add whatever seasonings you prefer!