

The Best Vegan Cheese Sauce

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Makes about 4 cups of sauce

Author: Leah Romay

This sauce is a pretty sneaky way to get kids (and adults) to eat their veggies, and they're going to be asking for more! You can put this sauce on macaroni for the classic mac and cheese, but you can also use it as a sauce on steamed veggies, dip for veggie sticks, on nachos - the possibilities are endless.

INGREDIENTS

- 6 oz raw cashews + 1 cup boiling water
- 1/4 cup nutritional yeast
- 7 oz cauliflower, steamed
- 12 oz white potato, cubed (about 1 potato)
- 3.5 oz red bell pepper (about 1/2 pepper)
- 5 oz carrot (about 2 small carrots)
- 2 oz onion
- 1 T chickpea miso
- Juice of 1/2 lemon
- 1/4 tsp turmeric
- 1 clove garlic, grated (I use a Microplane grater)
- Pepper
- 1 tsp salt

DIRECTIONS

1. Chop the veggies and place in a steamer basket and steam until tender.
2. Meanwhile, boil the water and pour over the cashews, allowing them to sit for 10 minutes.
3. Once the veggies are steamed, add all of the ingredients to your blender. Drain the water from the cashews before adding them.
4. Puree on high for 1 minute or until this it is very smooth. You will need to use the blender plunger to force the ingredients toward the blade (or stop your blender and scrape the sides, then blend again)