

## Vegan “Cheese” Sauce That Actually Tastes Good



So.... let’s face it, there is no actual cheese substitute that is as good tasting as cheese, or at least I have not found it. A couple of years ago I took dairy out of my diet and I feel good. More on that another time. Recently, I began experimenting with recipes for sauces and spreads to fill the cheese void and have had some mediocre results. In fact, I have decided that a lot of things are simply better without the “cheese” if you are not having the real thing. However, sometimes you just need some creamy cheesy-like sauce and I think the recipe below is the best I have made. It keeps well in the refrigerator or freezer and you can thin it with vegetable broth or nondairy milk, use the thicker version as a dip or as queso on nachos. It also can be spiced and flavored many ways. I had made this sauce as part of a casserole recipe with brown rice and broccoli (pretty good) but the sauce was the real

keeper.

Full disclosure, if you have no issue with dairy and you love a creamy alfredo, this will not cut it. BUT it is pretty darn good. I had a craving for creamy pasta with frozen peas and had this sauce leftover from the other recipe.... I was incredibly happy!

### Vegan “cheese” Sauce

1 C peeled and chopped potatoes.

¼ C red pepper chopped (or you could use roasted red peppers-would add a nice smoky taste) \*

¼ cup chopped onion.

1 C vegetable broth

½ Cup raw cashews soaked (you can soak in water over night or pour boiling water over them and let them sit an hour)

4 T nutritional yeast

1 T fresh lemon juice

1 tsp salt

Pinch paprika

Pinch cayenne pepper (optional)

\*I have seen recipes call for carrots here and have not tried it, either is probably good for the color.

Bring 3 cups of water to boil in a medium saucepan and simmer potatoes, peppers, and onion for about 15 minutes till very tender. When done, drain but save a cup of the vegetable water. Put the vegetables and the 1 cup of water into the blender with the remaining ingredients. Blend until smooth.

I cooked one serving of pasta, added frozen peas during the last 2 minutes (saved on pots). Drain pasta and peas. I warmed some of the sauce in the microwave for about a minute, stirring partway. Tossed it with the pasta and peas, salt, and pepper.

This sauce is versatile and can be frozen. I have flavored it with different spices and things from my condiment shelf to make dairy free dips. It is good heated and used as queso for nachos as well.

Let me know what you think

