

Cheesy Sauce

Yields 2 ½ cups

I had been vegan for 7 years before learning to make this delicious plant-based, cheesy-tasting sauce. After not eating cheese for 7 years, this was an amazing find! I love demonstrating it in my cooking classes because it seems like a miracle that you can make something taste like cheese by simply blending a few simple ingredients in a blender and then bringing it to a boil. It is wonderful on broccoli and other veggies, on potatoes, as a dip, on pasta and in casseroles and soup.

2 cups water, divided in half

¼ cup raw cashews

¼ cup nutritional yeast flakes

¼ cup roasted red bell pepper (or less) for desired orange color

3 Tbsp organic cornstarch or arrowroot

1 tsp salt

1 tsp onion powder

½ tsp garlic powder

1 Tbsp lemon juice



1. Put 1 cup of water in a saucepan and bring to a boil.
2. Put the remaining cup of water and all the other ingredients in a blender and process very thoroughly.
3. Add contents of blender to boiling water.
4. Cook and stir over medium heat until mixture comes back to a boil. It will thicken immediately as it boils.
5. If it is thicker than you like, stir in a bit more water.
6. Remove from heat and serve hot.
7. Store leftovers in the refrigerator.
8. It will thicken in the refrigerator, so when you reheat it, you will need to stir in a bit more water to make it saucy again.

Notes:

Leftover Cheesy Sauce will thicken in the refrigerator. You can use it in this thickened form as a spread.

Cheesy Sauce does NOT freeze well.



Instead of Meat & Dairy

