

## Cheese Sauce



This plant-based cheese sauce has endless uses in recipes and dishes. It is reminiscent of nacho cheese and is perfect for nachos, but it can also be used to make a wide variety of dishes including mac-n-cheese and enchiladas. It can also be used as a dipping sauce (with some spices or chile added) or topping for foods like tacos and burgers.

2 medium carrots  
1 large russet potato  
1 large sweet potato  
1 medium onion  
½ cup nutritional yeast  
½ cup raw unsalted cashews  
1 tsp paprika  
2 tsp salt  
1 tsp garlic powder  
1 tsp onion powder

1. Wash and chop carrots, potatoes, and onion into large pieces. In a large pot combine all veggies with enough water to cover. Boil until soft (at least 20 minutes).
2. Drain veggies, saving the water they were boiled in.
3. Add boiled veggies and remaining ingredients in blender. Add about 1.5 cups of water that was saved in step 2. Blend until desired consistency is reached, adding more water if needed.

Note: If using a high-powered blender, cashews do not need to be soaked ahead of time. If blender is not high powered, soak cashews in water for at least 4 hours, then drain before adding to recipe,.

4. Cheese is ready to be served or used in another recipe.