

The Best Cashew Cheese Sauce

Max Gregor - Santa Fe, NM
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Yield: 4 cups

*2 cups organic raw cashews
1 tablespoon olive oil
1/2 medium onion, chopped
2 cloves garlic, minced
1/4 teaspoon salt
1/4 teaspoon pepper
2 cups vegetable broth, divided
1 tablespoon nutritional yeast
paprika (optional)*

Preparation Time: 15 minutes**Cook Time: 10 minutes**

Rinse the cashews in cold water. Drain.

Place the cashews in a large bowl. Add enough water to cover by three inches. Cover and let stand overnight.

In a large skillet, heat the olive oil over medium heat. Add the onion. Cook and stir until tender, 4 to 6 minutes. Add the garlic, salt and pepper. Cook for 1 minute longer.

Add 1-1/2 cups of broth. Bring to a boil. Reduce the heat to a simmer.

Drain and rinse the cashews, discarding the liquid. Add the cashews to the skillet. Heat through. Transfer the mixture to a blender.

Add the nutritional yeast. Cover and process until puree'd, adding enough remaining broth to achieve the desired consistency.

If desired, sprinkle the sauce with paprika.

This is a tasty vegan substitute for creamy cheese sauce. It does not reheat very well, so use it up.

Per Serving (excluding unknown items): 475 Calories; 21g Fat (39.7% calories from fat); 13g Protein; 60g Carbohydrate; 8g Dietary Fiber; 5mg Cholesterol; 3788mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 4 Fat.