Eat Plant-Based

BEST VEGAN CHEESE SAUCE (Terri Edwards)

1 cup potatoes, peeled & diced
1/4 cup carrots, diced
1/4 cup onion, chopped
1 cup broth from veggies
1/2 cup pre-soaked raw cashews*
OR 1/2 cup cooked white beans (or a mix)
4 tablespoons nutritional yeast flakes
1 tablespoon lemon juice
1 teaspoon salt
1/2 teaspoon garlic powder
1 pinch each paprika and cayenne pepper (optional)

In a medium pot, bring about 3 cups of water to a boil. Add the potatoes, carrots, and onion and cook until veggies are tender--approximately 15 minutes. Cooking time will vary based on how small the veggies are diced.

When veggies are tender, drain and place them in a blender. NOTE: Save the broth to use in cooking; and add 1 cup of the broth to the blender. Add all the remaining ingredients, and blend until smooth.

If you prefer, white beans such as northern or navy beans can be used in place of the cashews for those avoiding nuts. Or, even use a combination of 1/4 cashews and 1/4 cup white beans to lower the fat content but keep the rich creamy texture and flavor.

Use for nacho cheese dip, mac-n-cheese, topping for steamed broccoli, or wherever you need a creamy, cheesy sauce. Makes approximately 1 quart and can be stored in the refrigerator for up to 2 weeks.

*If you have a Vitamix blender, you don't have to soak the cashews. Terri says: "That thing is powerful and everything that goes into it comes out creamy. However, if your blender isn't jet engine speed, soaking the cashews in warm water for at least 30 minutes before adding to this recipe will help the sauce come out more creamy."





Eat Plant-Based is the site of Terri Edwards, a Food for Life instructor, graduate of T. Colin Campbell's eCornell program, and plant-based speaker and writer. She resolved many health issues with a plant-based diet, including losing 50 pounds, lowering her cholesterol, and resolving inflamed and painful joints. She wants to help others regain life and health with the knowledge that "Food is Medicine."

The recipes at Eat Plant-Based are WFPB and oil-free.

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Let food be thy medicine