

Vegan Cheese Sauce

The best vegan cheese sauce! Try it for yourself and see :) Use this on fries, nachos, or even pasta, its truly good on anything!

Prep:
15 minutes

Cook:
15 minutes

Ready In:
30 minutes

Servings:
1 quart



Ingredients

3 small potatoes (I use red potatoes), chopped

1 medium carrot, chopped

1/4 yellow or red onion, chopped

1/4 cup canned jalapenos

1/4 cup raw cashews

juice 1/2 lemon

1 tsp salt

1 tbsp apple cider vinegar

1/4 tsp cayenne (optional)

1 tsp paprika

1 tsp garlic powder

1 tsp onion powder

1/2 cup nutritional yeast

1 cup water

Instructions

1 In a saucepan bring 1 cup of water to a boil and add in your potatoes, carrot, and onion. Reduce heat to a simmer, cover and cook 10 minutes or until soft. You can also throw these ingredients into your instant pot on sealed, high pressure for 10 minutes and release it when its done.

2 Add your cooked veggies and water into a high speed blender. Then add in the rest of your ingredients. Blend on high for 1 minute. Place in a sealed container (I use a mason jar) in the fridge and it will be good for up to a week.

3 We love this over mashed potatoes, on steamed veggies, pasta, or baked nachos. It is great on anything!

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<https://highcarbhanhah.co/recipes/potato-cheese/>

