Cheese Sauce

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Ingredients:

- 1 cup diced potatoes
- ¼ cup diced carrots
- ¼ cup diced onions
- 1 cup broth from the water you cook the veggies in.
- ½ cup raw cashews, unsoaked (or ½ cup of white beans if allergic to nuts. It will not come out as creamy but still good).
- 4 tbsp nutritional yeast
- 1 tbsp lemon juice
- ½ tsp garlic powder
- 1 tsp salt
- Pinch each: paprika and cayenne pepper (optional)

Directions:

1. Bring 3 cups of water to a boil.
2. Add potatoes, carrots, and onions and cook for 15 – 20 minutes or until veggies are tender.
3. Drain reserving 1 cup of broth (liquid you cooked the veggies in).
4. Put veggies, the one cup of reserved broth, and the remaining ingredients in a high-powered blender and blend until smooth.

Note: You can use the whey strained from homemade plant-based yogurt (see recipe) instead of the water if desired. Normally cheese is made with cultures so using whey can make the cheese sauce taste cheesier.

Note 2: If you do not have a high-powered blender, soak the cashews in hot water for 1 hour to soften first.