

## Cheesy Sauce

- 1 cup potatoes, peeled and diced
  - ¼ cup each, diced carrots and diced onions
  - 1 cup broth from boiling the veggies (remember to save it!)
  - ½ cup raw cashews (or ½ cup white beans for lower fat)
  - 4 Tbsp nutritional yeast
  - 1 Tbsp lemon juice
  - 1-2 tsp salt (I like pink Himalayan or Indian black salt); optional if you are salt free
  - ½-1 or 2 tsp garlic powder, according to your taste
  - ½ tsp paprika (I like smoked paprika)
  - ¼ to ½ tsp cayenne, optional for some but never for me!
1. Soak the cashews if you do not have a high speed blender; I always soak for a couple hrs or overnight. You can also soften them in boiling water & drain
  2. In medium pot, bring about 3 cups of water to a boil. Add potatoes, carrots and onion and allow to cook until veggies are tender, about 15 min. based on size veggies are cut.
  3. Drain the veggies, saving 1 cup of the broth; don't forget! Add drained veggies to the blender. Add the cup of boil water and all other ingredients and blend until very smooth. Let that blender run a few minutes so you don't have any grittiness from the cashews

Store in a mason jar or other glass container

Other uses: on veggies, baked potatoes, creamy broccoli or asparagus soup, on veggie burgers, for mac & cheese, or add taco seasoning and use as a queso for tacos, enchiladas and nachos

