

Veggie "Cheese" Sauce

Cook Vegetables:

- 2 cup potatoes, cubed
- 1 cup carrots, sliced
- 1/3 cup onion, cubed

Taste This!

Howard County Farmers' Market
June 9, 2017

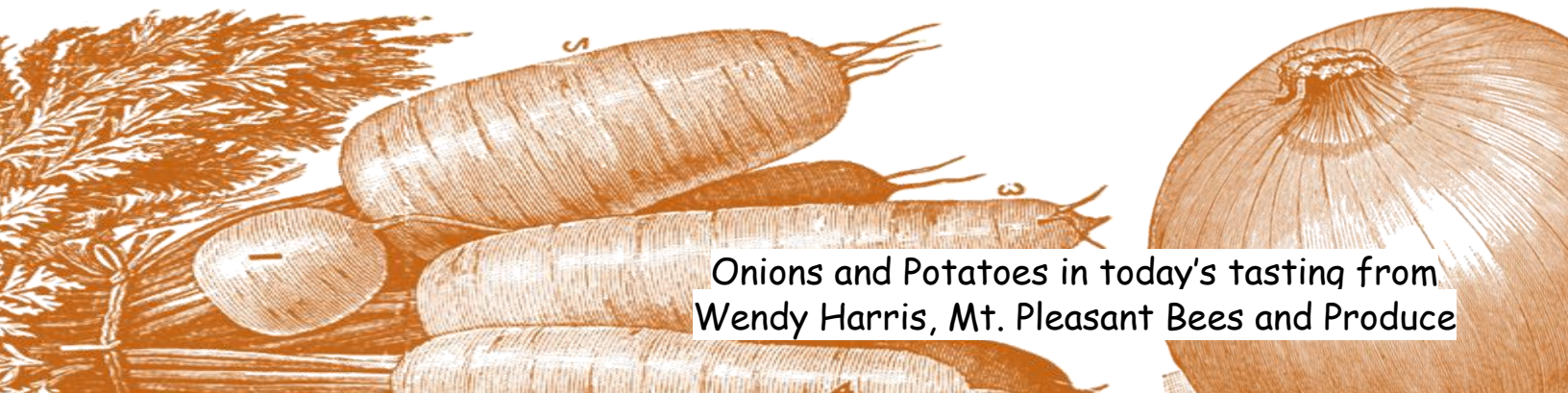
Prepare Sauce:

In saucepan cover potatoes, carrots and onion with water, cook until soft. Blend the cooked vegetables with the rest of the ingredients in blender until very smooth.

- 1/2 cup water (use the water veggies were cooked in)
- 1/4 cup olive oil
- 1 tsp salt
- 1 Tbs lemon juice (fresh is best, but the other will work)
- 1/4 cup raw cashews
- 1/4 cup nutritional yeast
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- dash of cayenne pepper
- 1/2 tsp McKays chicken-style seasoning (optional)

For a Ro-tel style cheese dip, add a can of Ro-tel tomatoes after blending. When you store the sauce in the refrigerator it will thicken. After it has thickened, I have sliced/spooned it onto English muffins or pizza crust. The sauce can also be reheated in the microwave to use as sauce after refrigeration. I have omitted the carrots or just used a tablespoon or so of carrots for a lighter color sauce, added a bit more garlic or small amount of pesto to use with pasta.

The original recipe for this sauce I saw on Pinterest ("Veggie on a Penny"), just changed a few things for my taste. – Jan Manly



Onions and Potatoes in today's tasting from
Wendy Harris, Mt. Pleasant Bees and Produce