



Vegan Cheezy Sauce

Pressure Cooker Recipe

This healthy sauce is very versatile. You can use it over baked potatoes, broccoli, nachos, or pasta. My kids enjoy the queso version (which also makes a great dip) over pasta to make “Queso Mac-n-Cheeze”. The cashews are optional, so if you have an allergy, heart disease or are trying to stick to a low-fat diet, just omit them. It will taste the same but the texture may be a little different.

2 cups – water
1/2 onion, peeled and quartered
2 cloves garlic
1 cup – carrots
1-1/2 cups Yukon Gold potatoes
1/2 cup nutritional yeast
2 tblsp mellow white miso
1 tsp smoked paprika
2 tblsp lemon juice
2 tblsp apple cider vinegar
2 tsp salt (optional, but makes a better “cheesy” flavor)
1/2 cup cashews (optional, but it makes it creamier)

Place all items in the instant pot and cook on high pressure for 5 minutes. Manually release the pressure.

Place contents in a high speed blender and blend until creamy.

* VARIATION: After making the sauce, you can add salsa and green Tabasco to make a “queso dip”. You can also pour it over pasta for queso mac-n-cheez.