

Vegan Nacho Cheese Sauce



Prep:

5 minutes

Total:

20 minutes

Makes:

3 cups, approximately 6 servings

Utensil:

Blender

1 ½ Qt./1.4 L Sauce Pan with Cover

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Recipe:

Contributed By:

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Recipe Description:

This cheese sauce is cholesterol-free and dairy-free. It is a great addition to your potluck or for watching the big game! Stir in diced tomatoes or salsa for a more queso-like taste.

2½ cups
water
(595
mL)
1 cup
cashews, raw and unsalted
(130
g)
2 teaspoons
chili powder
(10
mL)
1½ teaspoons
salt
(7.5
mL)
½ raw onion, or 2 teaspoons onion powder (10 mL)
4 garlic cloves, or 1 teaspoon garlic powder (5 mL)
1 scallion, whole
⅓ cup
nutritional yeast
(16
g)

Directions:

- 1. Add all ingredients to a blender and process until smooth.
- 2. Pour mixture into sauce pan and cook over medium-low heat for 15 - 20 minutes, or until desired thickness. Stir often to eliminate lumps. Serve warm.
- 3. If desired, stir in diced tomatoes, cilantro, pico de gallo or jalapeños.

Nutritional Information per	
▼ Serving	
Calories:	142
Total Fat:	10g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	598mg
Total	10g
Carbs:	
Dietary Fiber:	2g
Sugar:	2g
Protein:	6g