



Makes 3½ cups
Cook Time: 30 minutes

INGREDIENTS:

1 pound trimmed cauliflower, cut into 1-inch florets (about 5 cups)

1 medium Yukon gold potato, cut into ½-inch pieces (about 2 cups)

2 small garlic cloves

⅛ teaspoon ground turmeric

½ cup nutritional yeast

2 teaspoons white wine vinegar

½ teaspoon dried marjoram, crushed

½ teaspoon white miso paste

¼ teaspoon yellow mustard

½ cup unsweetened plant milk, such as almond, soy, or rice

Sea salt

Freshly ground black or white pepper

Vegan Cheesy Sauce (Plus 5 Ways to Use It)

With the look, taste, and texture of a creamy cheese sauce, this vegan cheesy sauce recipe is pure genius. Nutritional yeast and miso paste give the potato-cauliflower base a distinctly cheesy flavor, while mustard and vinegar add tang and ground turmeric lends an appetizing golden color. Use the sauce in any dish that calls for cheese: nachos, mac and cheese, baked potatoes. It's even great on its own as a dip. It will keep up to a week in the fridge, though it doesn't freeze well, as cold temperatures will make the potatoes in the base gummy.

5 Ways to Use Vegan Cheesy Sauce

1. Pour it over steamed broccoli and baked potatoes for stuffed potatoes
2. Pour it over tortilla chips and top with sliced jalapeños for plant-powered nachos
3. Add it to pasta and peas for easy stove-top mac and no-cheese
4. Use it as a topping on veggie burgers
5. Serve as a dip with crudité

*Recipe from **Forks Over Knives Family***

By Darshana Thacker Wendel

- 1 In a large saucepan, combine the cauliflower florets, potatoes, garlic, turmeric, and 1 cup water. Bring to a boil; reduce heat. Simmer for 10 minutes or until vegetables are very tender. Cool slightly.
- 2 Transfer the vegetable mixture to a blender. Add nutritional yeast, vinegar, marjoram, miso, and mustard. Cover and blend until smooth and creamy, adding enough of the milk to reach the desired consistency. Season with salt and pepper.