Roasted Red Pepper Cashew Cheese Sauce

Makes about 2 cups.

This sauce is fabulous on macaroni or other pasta, steamed vegetables, patties, or loaves and makes a fine filling for celery sticks. Stir it into soups or stews just before serving to impart a creamy texture and cheesy taste. Soaking the cashews before blending increases the availability of their minerals and the smoothness of the sauce. If you prefer, use raw red pepper.

Ingredients:

- 2 cups unsweetened fortified non-dairy milk or water
- ¾ cup raw cashews, soaked for 4-6 hours, drained, and rinsed
- 1 large roasted red bell pepper, seeded and coarsely chopped
- 2 tablespoons cornstarch
- 3 tablespoons nutritional yeast flakes
- 2 tablespoons lemon juice
- ¼ teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon salt

Instructions:

1. Put the milk, cashews, roasted red pepper, cornstarch, nutritional yeast flakes, lemon juice, garlic powder, onion powder, and salt in a high-powered blender and process until very smooth and creamy.

2. Pour mixture into a medium saucepan and bring to a boil over medium heat, stirring constantly. Immediately decrease the heat to medium-low and cook, stirring or whisking frequently, until thickened about 5 minutes.
3. Blend again for an extra silky sauce, if desired. Serve hot on anything you would use a cheese sauce.

