

VEGAN CHEESY CAULIFLOWER SAUCE

INGREDIENTS

- 2 C Water
- 2 C Cauliflower Florets (cut into small pieces)
- Dash Salt
- 1 t Onion powder
- 2 cloves Garlic (peeled **OR** substitute 1/2 t garlic powder)
- 1/4 t Smoked Paprika **OR** if you want it spicier Chipolte powder
- 1/4 t Mustard (dry)
- 1/8 t Tumeric
- 1/4 C Nutritional yeast
- 1 T Miso (mellow white **OR** soy free chickpea miso)
- 1 T Cornstarch **OR** potato starch
- 1/2 T Lemon juice
- Salt to taste



COOKING INSTRUCTIONS

- 1 Bring the water & a dash of salt to a boil in a medium sized pot
- 2 Add the cauliflower & when the water boils again, cover the pot & reduce the heat to low
- 3 Simmer until the cauliflower is tender (20 minutes) & drain off the water by placing the cauliflower in a collander
- 4 Put the cauliflower, onion powder, garlic, paprika, mustard & tumeric in your blender
- 5 Process starting on low & increasing your speed to the highest setting
- 6 When mix is smooth, pour it back into the pot adding the yeast, starch & lemon juice
- 7 Salt to taste & heat the mix until it begins to bubble stirring often
- 8 Cook at least another 2 minutes & serve hot

NOTE

- 1 You can use your steamer instead of boiling the cauliflower in water
- 2 Can be used as a sauce for vegetables, pasta & mac n' cheese

