



Makes about 2½ cups
Preparation Time: 5 minutes
Cook Time: 5 minutes

INGREDIENTS:

1 large yellow onion, peeled and coarsely chopped

1 large red bell pepper, seeded and coarsely chopped

3 tablespoons cashews (toasted, optional)

1 tablespoon tahini (optional)

1 cup nutritional yeast

Salt to taste

No-Cheese Sauce

This low-fat vegan cheese sauce recipe takes only takes about 5 minutes to put together. It may seem as though this recipe will not work in a blender, but with a little patience it does. If your onions are strong, blanch them in boiling water for a few minutes, or sauté them over medium heat for about 5 minutes before adding them to the blender.

By Del Sroufe

- 1 Combine all ingredients in a blender in the order given and puree until smooth and creamy, adding up to ½ cup of water if necessary to achieve a smooth consistency.

Variations:

—Use an equal amount of roasted red bell peppers in place of the raw pepper.

—Combine the prepared sauce with a jar of store-bought salsa or a recipe of [Fresh Tomato Salsa](#), and use as a dip for vegetables.

—Add ½ teaspoon of nutmeg with the salt.