



VEGAN ALFREDO SAUCE

SERVES: 5 (approx. ½ cup each) **Prep Time: 15 min. Cooking Time: 17 min.**

CONTAINER EQUIVALENTS (per serving): 1 ½

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1 Tbsp. **vegan butter, trans-fat-free**
¾ cup **chopped onion (approx. 1 medium)**
4 cloves **garlic, finely chopped**
4 cups **chopped cauliflower**
1 cup **low-sodium organic vegetable broth**
2 Tbsp. **nutritional yeast**
1 tsp. **reduced-sodium tamari soy sauce**
½ tsp. **sea salt (or Himalayan salt)**
¼ tsp. **ground black pepper**

1. Melt butter in medium saucepan over medium-high heat.
2. Add onion; cook, stirring frequently, for 3 to 5 minutes, or until translucent.
3. Add garlic; cook, stirring frequently, for 1 minute.
4. Add cauliflower, broth, yeast, soy sauce, salt, and pepper. Bring to a gentle boil; gently boil, covered, stirring occasionally, for 10 minutes.
5. Place onion mixture in blender in two or more batches; cover, removing center cap to allow steam to escape. Cover hole with a kitchen towel. Blend slowly until smooth, being careful not to splatter hot liquid.*
6. Serve sauce over your favorite pasta.

RECIPE NOTES:

- Vegan butter is also labeled as margarine and can be found in the dairy (or vegan) section of your grocery store. Choose trans-fat-free.
- Olive oil can be substituted for vegan butter.
- Store leftover sauce in an airtight container in the refrigerator for up to 5 days, or in the freezer for up to 3 months.
- Do **not** use an immersion blender to combine sauce ingredients.

NUTRITIONAL INFORMATION (per serving): **Calories: 69 Total Fat: 3 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 337 mg Carbohydrates: 10 g Fiber: 3 g Sugars: 3 g Protein: 3 g**

*Before blending hot liquids, check your blender manufacturer's guidelines and safety instructions as some blenders may not be intended for such use.

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.