

Nacho Cheese

 THE LUNCH ROOM **Recipe Box**

INGREDIENTS

- ½ cup raw cashews + 2 tablespoons water
- 1 small red bell pepper
- 3 ¼ cups water
- 6 ½ tablespoons cornstarch
- 1 ¾ tablespoons lemon juice
- 1 tablespoon salt
- 1 teaspoon onion powder
- ½ tablespoon granulated garlic
- 1 teaspoon ground cumin
- ½ teaspoon turmeric
- 2 teaspoons yellow mustard
- 2 cups nutritional yeast

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continued...

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DIRECTIONS

1. Finely grind cashews and 2 tablespoons water in a food processor, making a paste. Set aside.
2. Remove the seeds and stem of the red pepper and cut the rest into large pieces. Place the pieces in the food processor and puree. Set aside.
3. Place in a stock pot the following: 3 ¼ cups water, cornstarch, lemon juice, salt, onion powder, granulated garlic, ground cumin, turmeric and yellow mustard. Mix well and place on stove. Bring to a boil, whisking frequently. Note: whisk continuously as the mixture approaches a boil. If you ignore it, the bottom may burn. Once the mixture boils, remove the pot from heat.
4. Slowly stir the nutritional yeast into the pot. Then add the cashew paste and immersion blend until smooth and thick. If you don't have an immersion blender, transfer the stock pot contents in small batches to a countertop blender or food processor. Be careful not to burn yourself!
5. Serving suggestion: spoon hot nacho cheese over tortilla chips. Add Cuban black beans and Pico de gallo (see recipes in September 2016 Recipe Box), as well as sliced avocado and jalapeños. Enjoy!