

Vegan Cheese Nacho Cheese

Prep time: 5 minutes

Cook time: 25 minutes

Total time: 30 minutes

Yield: 6

Category: Appetizer

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Cuisine: Vegan, American

Ingredients

- 2 cups potatoes (360 g), peeled and diced
- 1 cup carrots (135 g), peeled and diced
- 1/2 cup water (125 ml)
- 1/2 cup nutritional yeast (35 g)
- 1/3 cup extra virgin olive oil (70 g)
- 1 tbsp lemon juice
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

Instructions

1. Boil or steam the potatoes and carrots for about 20 minutes or until soft.
2. Drain them and add them to a blender.
3. Add all the remaining ingredients and blend until smooth.
4. Serve immediately with tortilla chips, crudités or use it to make pizza, lasagna, mac and cheese or any other recipe that calls for cheese. Keep leftovers in a sealed container in the fridge for about 4-5 days. You can also freeze it if you want. I usually transfer the frozen container to the fridge the night before, that way it defrosts by itself. I reheat it in a saucepan and add some water or milk if needed.

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continued

- **notes** made this recipe using different types of potatoes and it always work, so please feel free to use any kind you have on hand.
- It can be made with cold, hot or room temperature water. You could even add the water you used to boil the veggies. I prefer to use clean water at room temperature, though.
- Extra virgin olive oil is my favorite choice, but any oil will do.
- Oil is optional if you're oil-free just add more water (the same amount) or any unsweetened milk of your choice.
- If you can't find nutritional yeast in your area, use debittered brewer's yeast instead (the same amount) or you could also use beer instead of water. You may need to add a little less, though.
- Not all brands of nutritional or brewer's yeast weight the same, so I prefer to use a measuring cup. If you don't have one, add 8 tablespoons or just add 35 grams and add more if needed.
- If you want your cheese spicy, just add a dash of cayenne powder.
- Recipe adapted from Veggie on a Penny.

nutrition

- **serving size:** 1/6 of the recipe
- **calories:** 168
- **sugar:** 1.5 g
- **sodium:** 404 mg
- **fat:** 13.3 g
- **saturated fat:** 1.9 g
- **carbohydrates:** 9.1 g
- **fiber:** 2.5 g
- **protein:** 4.7 g

find it online: <https://simpleveganblog.com/vegan-cheese/>