

Carrot Cauliflower Cheese Sauce

About the Recipe

30 Calories · 2 g Protein · 1 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 12 Servings

- 1 onion, roughly chopped
- 4 cloves garlic, roughly chopped
- 1/4 cup (49 g) arborio rice
- 1 medium russet potato, peeled and cut into 1-inch chunks
- 2 medium carrots, peeled and cut into 1-inch pieces
- 2 cups (200 g) cauliflower florets, roughly half of a head of cauliflower
- 3 cups (705 mL) low-sodium vegetable broth
- 1/4 cup (48 g) nutritional yeast
- 1/4 cup (36 g) sauerkraut
- 1 tablespoon (16 g) tomato paste
- 1 tablespoon (11 g) Dijon mustard
- 2 teaspoons (10 mL) white wine vinegar
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon smoked paprika
- 1 tablespoon (16 g) chickpea miso paste **optional*

Directions

1. Heat a saucepot over medium heat, add the onion, and saute for 3 minutes until soft. Add 2 tablespoons of water or vegetable broth as needed to prevent the onion from sticking. Add the garlic and saute 1 additional minute until fragrant; add liquid if needed. Add the rice, potato, carrots, cauliflower, and vegetable broth. Cover the pot and bring to a boil. Then reduce to a simmer, let

cook for 10 minutes until the carrots are fork tender, and crack the lid if needed so it doesn't boil over. Transfer to a blender.

2. Add the nutritional yeast, sauerkraut, tomato paste, Dijon, vinegar, salt, and smoked paprika to a blender and blend until smooth and creamy. Add the miso, if using, and blend until well incorporated.

Nutrition Facts

Per serving:

Calories: 30

Fat: 0.26 g

Saturated Fat: 0.04 g

% Calories From Fat: 8%

Cholesterol: 0 mg

Protein: 2 g

Carbohydrate: 6 g

Sugar: 1 g

Fiber: 1 g

Sodium: 226 mg

Calcium: 10 mg

Iron: 0 mg

Vitamin C: 5 mg

Beta-Carotene: 442 mcg

Vitamin E: 0 mg