

Low FODMAP Vegan Cheese Sauce (No Cashews)

IBS Friendly Gluten-Free Dairy-Free Vegan Low FODMAP

Years ago, while searching for answers for my digestive issues, I was vegan for almost two years. I liked eating vegan and now that I know about FODMAPs, I can apply swaps to my plant-based recipes.

Cashew-based cheese sauce was my go-to for weekend nachos and game day veggie burgers. When I learned that cashews were high FODMAP, I found ways to get around this while still blending together a creamy, cheesy-flavored sauce sans nuts. So let's relax, take it cheesy and FODify It!

Makes: approx. 3 cups: up to 1/3 cup (80 ml) per serving

INGREDIENTS

3 medium carrots (8.75-ounces / 250 g total), peeled and small diced
1 large russet potato (14-ounces / 400 g), peeled and diced
1 cup (240 ml) plain, unsweetened almond milk
1 cup (240 ml) unsweetened canned coconut milk for cooking, containing no inulin, well stirred
1/2 cup (48 g) large flake nutritional yeast, such as Bragg brand
2 Tblsps olive oil
2 Tblsps low sodium gluten-free soy sauce
1 Tblsp plus 2 tsps fresh lemon juice
1 Tblsp gluten-free cornstarch
2 tsps fresh minced chives
1 tsp pure mild red chile powder, containing no onion or garlic, the labels should simply read "red chiles"
1/2 tsp turmeric
1/2 tsp salt

METHOD

Place the carrots and potato in a medium saucepan. Pour in enough water to cover the vegetables and turn the heat to medium high. Bring to a boil and let cook for 15 to 20 minutes or until they are very tender, towards the mushy side. There should be no bite to the carrots, as this will add to the silky smooth sauce consistency.

While the veggies boil, place the remaining ingredients in a blender.

Strain the veggies through a colander and spoon into the blender. Purée on high for 20 seconds. Taste for lemon and salt, as they may or may not need adjusting depending on how salty your soy sauce is. If adjustments are needed, add to the blender and puree 10 seconds longer to incorporate.

When stored in an airtight container with a lid, it will keep up to 7 days in the refrigerator. To reheat, scoop the sauce into a saucepan over medium heat and stir until just bubbly.

TIPS

Tablespoons are US Standard / Imperial 3 teaspoons per

Using fresh lemon juice and fresh chives produces a much better flavor than using bottled lemon juice or dried chives. That said, if fresh are not available to you, these options are fine and your sauce will still be delicious.

Be sure to strain the veggies well to reduce the amount of liquid in the sauce.

4 Yummy Uses For Vegan Cheese Sauce:

Nachos: 1/3 cup per person poured over corn tortilla chips, topped with 1 Tblsp pickled jalapenos (containing no onion or garlic) per person

Baked Potato: top with 3 Tblsps cheese sauce, and saute of: 1 tsp olive oil, 6 leaves spinach, 2 medium size chopped broccoli florets, 2 thin sliced scallion stems green parts only, and 2 Tblsps water.

Burger Sliders: small slices low FODMAP gluten-free bread (such as Schar brand baguette), top with the cooked sliders, small dollop plain yellow mustard, 1 Tblsp cheese sauce and 1 low FODMAP pickle such as a suitable bread and butter pickle (containing no onion or garlic)

Fondue: Add 1 tsp plain yellow mustard and 2 shots (60 ml) white wine when blending the sauce. Dip with low FODMAP gluten-free pieces of bread, plain seared cubed ham, small steamed broccoli florets, cherry tomatoes, and peeled blanched bite-size carrots.

This recipe was assessed by Dede Wilson of FODMAPeveryday 2023.

If you have questions or would like to submit a recipe idea for FODify It!, write to us at <https://fodifyit.com/contact/>



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