



Ashley's Meal Prep Monday!

Garlic Alfredo Sauce



INGREDIENTS

1 medium white onion
diced - measure out 1 ½
cups!
1-2 cups vegetable broth,
divided
½ TSP salt
¼ TSP pepper
4 x-large minced garlic
cloves
½ heaping cup raw
unsalted cashews (helps
to soak overnight in
water, drain and rinse
1 TSP lemon juice
2 TBSP nutritional yeast

So good you wouldn't know it's vegan! Add the onion and only 1 cup of broth to a large pan and cook over med-high heat for 8 minutes until onion is tender. After 8 min, add the garlic and cook while stirring often until all of the broth is evaporated, you don't want any more liquid once done cooking.

Add cooked veggies to a blender and start by adding just ½ cup more of the remaining broth. Add other ingredients, salt/pepper, cashews, lemon juice, nutritional yeast and blend on high for several minutes until very creamy and smooth. You can add more broth, nutritional yeast, salt/pepper if desired for flavor.

Serve over preferred pasta and garnish with parsley.

Recipe idea: thevegan8.com

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