

Judi's Recipe Club



Pasta with Vegan Garlic Alfredo Sauce

Healthy garlic alfredo sauce that tastes like the guilty version. Lots of onion is the secret to this easy, low ingredient and rich alfredo sauce. You will be shocked there is not an ounce of dairy in it!

Cooking Instructions

Note

It is not recommended to sub or eliminate any of these ingredients, as I cannot vouch for the results if any are changed. The lemon juice is crucial, as it eliminates any cashew flavor.

Also, if you don't have a high powered blender like a Vitamix, it is crucial to pre-soak the cashews so they soften and the sauce ends up smooth and creamy, and not gritty. Drain them and rinse after soaking.

1. Add the onion and **ONLY 1 cup** of the broth, salt and black pepper to a large pan over medium heat-low heat. Cook for about 8 minutes until the onion is very tender. (add a tiny bit more broth if it is cooking too fast or turn down the heat so the onions don't burn.) After several minutes, add the garlic and cook a couple of minutes more. All of the broth should have evaporated by now. If not, keep letting it cook until the broth has evaporated. You don't want any more liquid once it's done cooking, so the end result is thick and creamy.

2. Add the cooked veggies (the onion and garlic) to a blender. Start out by just adding 3/4 cup more of the remaining broth and add the remaining ingredients (salt, pepper, cashews, lemon juice, nutritional yeast). Blend on high for a couple of minutes until very creamy and smooth. Add any more broth to reach desired consistency, if necessary. Taste and add any more salt & pepper, if desired. If you are feeling adventurous, you can add in a tablespoon of olive oil.

3. Serve over preferred pasta. Garnish with parsley, lemon zest and salt & pepper, if desired. Store leftovers in the fridge. The sauce will thicken up even more overnight, which you can thin out a little with a touch of broth when reheating, if desired.

Our Notes

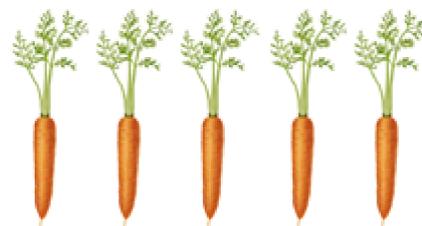
We always add our own twist to recipes. We added fresh basil, fresh heirloom cherry tomatoes and diced roma tomatoes. You can also omit the salt if you are limiting your sodium.

Original Recipe:
thevegan8.com

Ingredients

1 1/2 cups white onion, chopped
2 cups low sodium vegetable broth
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
4 large garlic cloves, minced
1/2 cup raw whole cashews, soaked
1 tablespoon lemon juice
1/4 cup nutritional yeast

Our Rating ...



21 day
FIX Container Count

Each serving contains:

1 Green container
1 Blue container
1 Yellow container