

# Vegan Béchamel Sauce

## Ingredients

- 1/2 c. raw cashews
- 2 c. vegetable broth
- 1 T. flour
- 1 t. salt
- 1 t. onion powder
- Bay leaf (for added flavor)

## Directions

1. Place all ingredients except bay leaf in blender and blend until very smooth and creamy. Pour in small kettle and add bay leaf.
2. Cook over medium-high heat until thickens. Remove bay leaf and serve with fettucine, potatoes, or rice or use in lasagna in place of ricotta.

**\*Note:** *tap into your creativity and use this recipe as a “base” for creating other sauces. For example, add sautéed mushrooms for mushroom sauce, sautéed onions for onion sauce, nutritional yeast and/or vegan cheese shreds for a “cheesy” sauce, Morningstar breakfast sausages for a sausage sauce, your favorite herbs for a herb sauce, or diced tomatoes and/or tomato sauce and basil for a tomato-basil cream sauce.*

## Vegetable Broth

*To make veggie broth, fill a small kettle with water and add 1 whole, peeled potato, ½ carrot, ¼ onion and 1 clove garlic. Bring to a boil and cover and simmer for an hour. Stir in a spoonful of nutritional yeast. Strain out veggies and save to use in soups, sauces or **Millet Meatballs** (next cooking class).*

## Did You Know?

*A béchamel or white sauce is one of the classic French “mother sauces” that form the basis of much French cuisine.*