

# Pepper Jack Cheese Sauce

Source: Dustin Harder of @theveganroadie

## About the Recipe

**71 Calories · 2 g Protein · 2 g Fiber**  
**Sauce/Dressing/Topping**

## Ingredients

***Makes 16 Servings***

- 2 tablespoons (30 mL) olive oil (see note below for oil-free)
- 1 onion (203 g), chopped
- 2 cups (180 g) bite-size cauliflower florets
- 6 cloves (24 g) garlic, roughly chopped
- 1/2 cup (70 g) raw sunflower seeds
- 2 cups (16 ounces) unsweetened nondairy milk
- 1/4 cup (50 g) sauerkraut
- Juice of 1/2 lemon
- 1 tablespoon (15 mL) coconut aminos
- 2 tablespoons (40 g) chickpea miso
- 1 tablespoon (20 g) Dijon mustard
- 1 1/2 teaspoons sea salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper

## Directions

1. Heat the oil in a saucepot over medium. Add the onion and cauliflower and saute for 6 minutes until the cauliflower is starting to get tender. Add the garlic and saute 1 additional minute, until fragrant. Add the sunflower seeds and milk, bring to a boil, and reduce to a simmer for 3 minutes until cauliflower is fork tender. Transfer to a blender.

2. Add the sauerkraut, lemon juice, tamari, miso, Dijon, salt, pepper, and crushed red pepper to the blender. Blend until smooth and creamy. **OIL-FREE:** Omit the oil and saute the vegetables in 2 tablespoons water or low-sodium vegetable broth; add more liquid as needed.

## Nutrition Facts

*Per serving:*

**Calories:** 71

**Fat:** 5 g

**Saturated Fat:** 1 g

**% Calories From Fat:** 54%

**Cholesterol:** 0 mg

**Protein:** 2 g

**Carbohydrate:** 6 g

**Sugar:** 1 g

**Fiber:** 2 g

**Sodium:** 425 mg

**Calcium:** 50 mg

**Iron:** 1 mg

**Vitamin C:** 7 mg

**Beta-Carotene:** 12 mcg

**Vitamin E:** 2 mg