

## Alfredo Sauce Alternative (Alfako Sauce)

### Ingredients:

2 c	white onion, medium diced
1-2	cups vegetable broth, divided
1/2 t	salt
¼ t	black pepper, coarsely ground
4ea	garlic cloves, minced
¾ cup	raw cashews, soaked over night
1 T	lemon juice
2 T	nutritional yeast



### Instructions:

1. Add the onion and 1 cup of the broth to a large pan over medium to medium-high heat. Cook for about 8 minutes until the onion is very tender. Add the garlic and cook a couple of minutes more, stirring often. Cook over medium low heat until most of the broth had evaporated. The onions should be easily mashed.
2. Add the cooked onions and garlic to a blender. Start out by adding JUST 1/2 cup more of the remaining broth and add the remaining ingredients. Blend on high until very creamy and smooth. Add any more broth to reach desired consistency. Taste and add any more salt & pepper, yeast or lemon, as desired.
3. Serve over preferred pasta.

### Nutrition Information for Sauce:

Recipe will make approximately 2-2 ½ cups (16-20 oz), suggested serving is 3 oz:  
131 calories, 13 g carb, 2 g fiber, 7 g fat, 6 g protein

