



Vegan Cauliflower Alfredo Sauce

Ingredients

- 1 teaspoon [Fustini's Garlic olive oil](#)
- 1/2 yellow onion, chopped
- 3 garlic cloves, crushed
- 3 cups chopped cauliflower
- 1 cup vegetable stock, or water
- 1-2 tablespoons nutritional yeast
- 2 teaspoons [Fustini's Sicilian Lemon balsamic](#)
- 1 teaspoon sea salt
- 1/2 teaspoon soy sauce (or coco aminios)
- 1 tablespoon vegan butter (optional)

Sharon's Hint

Nutritional yeast is available at some major grocery stores or available on Amazon. Adapted from theendlessmeal.com

Directions

Step 1.

Heat olive oil in a medium-size pot over medium-high heat. Add onion and let cook 3-4 minutes, or until soft and translucent. Add garlic and cook for 30 seconds. Add cauliflower and vegetable stock to the pot. Cover with a lid and let cauliflower steam for 5 minutes or until soft.

Step 2.

Transfer everything in the pot to a blender (high-powered will make it the creamiest). Blend on high until smooth. Add 1 tablespoon nutritional yeast and 1 teaspoon sea salt and blend again. Taste and add more yeast and salt to taste. Add butter (if using) and blend once more. Use sauce right away, or keep warm in a pan until ready to use.