

Dairy-free Queso

Preparation Time: 30 minutes

Cooking Time: 1 hour

- Preheat oven to 375°F (190°C)
- Equipment: high-power blender, baking sheets, parchment paper

Ingredients

6 servings

1 (15 g) whole jalapeno
1/2 head (25 g) garlic, tops removed
400 g white potatoes, peeled and roughly chopped (approximately 2 pcs)
250 g carrots, peeled and roughly chopped
3/4 tsp (2 g) chili powder
3/4 tsp (1 g) ground cumin
1/2 cup (125 ml) vegetable stock, low sodium
8 tsp (40 ml) extra virgin olive oil, divided
1/4 cup (15 g) nutritional yeast
2 tbsp (30 ml) lemon juice
3/4 tsp (2 g) salt
1/8 tsp black pepper

Garnish

1/4 bunch (5 g) chives, chopped
1 (90 g) roma tomato, seeds removed and diced

24 servings

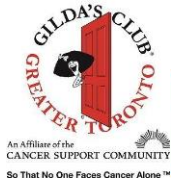
3 (90 g) whole jalapenos
2 heads (100 g) garlic, tops removed
1.6 kg white potatoes, peeled and roughly chopped (approximately 8 pcs)
1 kg carrots, peeled and roughly chopped
3 tsp (8 g) chili powder
3 tsp (7 g) ground cumin
2 cups (500 ml) vegetable stock, low sodium
2/3 cup (160 ml) extra virgin olive oil, divided
1 cup (55 g) nutritional yeast
1/2 cup (125 ml) lemon juice
1 tbsp (10 g) salt
1/2 tsp black pepper

Garnish

1 bunch (20 g) chives, chopped
3 (360 g) roma tomatoes, seeds removed and diced

Directions

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Arrange jalapenos and garlic on prepared baking sheet and drizzle 1/5 of the oil until well coated. Roast until jalapenos are slightly charred and garlic is soft, about 30 minutes for 6 servings and 45 minutes for 24 servings. Remove from oven and allow to cool slightly. Remove the skins from the garlic and mince the jalapenos. Set aside.



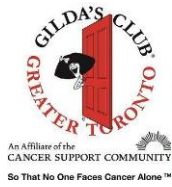
3. Meanwhile, fill a large stock with water, place a steam basket into ensuring that the water does not touch or fill the basket. Next, over medium-high heat bring water to a boil. Once boiling add carrots and potatoes allow to steam until soft, about 15 minutes for 6 servings and 25 minutes for 24 servings. Set aside.
4. In a small sauté pan over medium heat, toast chili powder and cumin until fragrant, about 2 minutes. Set aside.
5. In a high powered blender add potatoes, carrots, roasted garlic, spices, vegetable stock, olive oil, nutritional yeast, lemon juice, salt and pepper and blend until smooth, about 8 minutes. Adjust consistency with additional stock or water if necessary.
6. Place into a serving bowl and top with chives and tomatoes and serve with homemade tortilla chips.

Tips:

- 1) For best results for the 24 servings blend the ingredients in batches and combine together after.
- 2) The sauce tends to thicken as it cools, and so the queso is best served warm. If stored, keep in a resealable container in the refrigerator and heat before serving. If needed, when reheating adjust with water or stock to meet the desired consistency of a queso.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (125 mL) par 1/2 tasse (125 mL)	
Calories 150	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0.1 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 320 mg	14 %
Potassium 550 mg	12 %
Calcium 40 mg	3 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 400 mcg	44 %
Vitamin C / Vitamine C 17 mg	19 %
Vitamin E / Vitamine E 1.25 mg	8 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



Intro: This is the dip to bring to your next shindig. It has all of the qualities needed for a show stopping dip: smooth, spicy, savoury, cheesy and cholesterol free. Aside from the healthy levels of phytonutrients present in general, a ½ cup serving contains 4 g fibre and 44% of your daily vitamin A requirements, so dig in and celebrate your health.

Symbols: good for spring and summer, high source of fibre, good for bowel motility, gluten free, nut free, soy free, kid friendly, easy to swallow

Functional foods present: jalapeno, orange vegetables (carrots), allium vegetables (garlic, chives), spices, citrus fruit (lime), nutritional yeast, red fruits (tomatoes)

Examples of phytonutrients and anti-oxidants present: carotenoids (orange vegetables, tomatoes), allicin (garlic), vitamin C (citrus fruit, chives)