

# Beer Cheese Soup

Makes 10 servings

Prep Time: 5 minutes

Cook Time: 15 minutes

## Ingredients:

1 T canola oil  
2 T vegan bacon, finely chopped  
2 small onions, finely chopped  
6 c unsweetened cashew milk (or the milk of your choice)  
1 t hot sauce (or to taste)  
2 T vegan Worcestershire sauce  
 $\frac{1}{4}$  c nutritional yeast  
2 T reduced-sodium Better Than Bouillon vegetable base  
2 boxes Daiya Cheddar Style Cheezy Mac (sauce packets ONLY)  
3 T cornstarch  
12 oz beer  
8 oz Daiya cheddar style shreds  
Parsley and chopped vegan bacon, for garnish

## Directions:

1. In a 2-quart saucepan over medium heat, sauté the onions and bacon in the canola oil until softened.
2. Stir in the next 6 ingredients and heat until steaming.
3. Mix the cornstarch with a few tablespoons of water to make a slurry, then stir into the soup. Continue to stir over medium heat until slightly thickened.
4. Pour in the beer, including the foam.
5. Add the cheddar, a small handful at a time, and stir in to melt.
6. Serve garnished with parsley and/or chopped bacon, if desired.



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## Nutrition Facts

Servings 10.0

Amount Per Serving

calories 222

% Daily Value \*

Total Fat 14 g 22 %

Saturated Fat 4 g 20 %

Monounsaturated Fat 2 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 673 mg 28 %

Potassium 36 mg 1 %

Total Carbohydrate 14 g 5 %

Dietary Fiber 3 g 10 %

Sugars 1 g

Protein 5 g 9 %

Vitamin A 6 %

Vitamin C 2 %

Calcium 41 %

Iron 8 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.