

Chile Con Queso

Makes 4 half-cup servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients:

1 c diced potatoes, cooked until very soft
½ c diced carrots, cooked until very soft
½ c plain vegan yogurt (or non-dairy milk)
1 T tomato paste
2 t lemon juice
6 pickled jalapeño slices
3 T pickled jalapeño brine
1 ½ t tapioca starch
1 t onion powder
1 t garlic powder
2 T nutritional yeast
1 ½ t chili lime seasoning (such as Tajín) or hot sauce, or to taste

Combine all ingredients until smooth. Add more yogurt or starch as needed. Heat gently and serve.



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Nutrition Facts	
Servings 4.0	
Amount Per Serving	
calories 72	
% Daily Value *	
Total Fat 1 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 339 mg	14 %
Potassium 297 mg	8 %
Total Carbohydrate 13 g	4 %
Dietary Fiber 2 g	7 %
Sugars 2 g	
Protein 3 g	7 %
Vitamin A	54 %
Vitamin C	31 %
Calcium	1 %
Iron	6 %
* 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.	