

# Beer Cheese

Makes 5 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)  
½ c beer  
2 T nutritional yeast  
⅛ t liquid smoke, or 1 t vegan bacon  
1 T vegan Worcestershire sauce  
1 t garlic powder  
2 t onion powder  
2 T nutritional yeast  
2 T reduced-sodium Better Than Bouillon vegetable base  
1 t arrowroot or tapioca starch (optional)

Combine all ingredients in a blender and blend until smooth. Heat gently, adding more yogurt or starch as needed. Serve or store in the refrigerator in an airtight container for up to two weeks.



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Nutrition Facts	
Servings 5.0	
Amount Per Serving	
calories	129
% Daily Value *	
Total Fat	1 g 1 %
Saturated Fat	0 g 1 %
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg 0 %
Sodium	300 mg 13 %
Potassium	57 mg 2 %
Total Carbohydrate	23 g 8 %
Dietary Fiber	3 g 12 %
Sugars	4 g
Protein	5 g 9 %
Vitamin A	43 %
Vitamin C	19 %
Calcium	3 %
Iron	3 %
* 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.	