

# No Cheese Dip

Makes 2 cups

This dip works as an alternative to cheese dip. Sally says that if someone had served this as cheese dip, she wouldn't have known it wasn't.

## Ingredients:

- 2 russet potatoes (12 oz.)
- 1 carrot (1/3 cup chopped)
- 3 Tbsp. vegetable oil (divided)
- 1 1/2 Tbsp. nutritional yeast
- 1 1/2 tsp. white vinegar
- 1 tsp. salt
- 1 onion (1/3 cup minced)
- 1 poblano chili (1/3 cup minced)
- 1 garlic clove
- 1/2 tsp. chipotle adobe sauce
- 1/8 tsp. ground cumin
- 1/8 tsp. mustard powder



## Equipment:

- Colander
- Blender or food processor

**No Cheese Dip:**

<input checked="" type="checkbox"/>	<b>Directions</b>	<b>Time (min)</b>
	Peel 12 oz. potatoes and then cut them into 1-inch cubes	3
	Peel 1 carrot and cut into 1/2-inch pieces	2
	Finely chop 1/3 cup onion	2
	Peel and mince 1 clove of garlic	2
	Mince a portion of a poblano chili to make 1/3 cup	2
	In a large saucepan, bring 2 quarts of water to a boil	4
	Add potatoes and carrots to the boiling water and cook until tender	12
	Drain potatoes and carrots in a colander. Reserve pan for later use.	1
	In a blender, combine potatoes, carrots, 1/3 cup water, 2 Tbsp. oil, 1 1/2 Tbsp. yeast, 1 1/2 tsp. vinegar, and 1 tsp. salt. Pulse, scrape, liquify	3
	In the saucepan, heat 1 Tbsp. oil. Sauté onions and poblano peppers until softened.	3
	Stir in garlic, chipotle sauce, 1/8 tsp. cumin, and 1/8 tsp. mustard powder	1
	Remove from heat. Add potato mixture	1
	Return to heat. Bring to a simmer. Serve	2
	Total	38