

**WHITE BEAN CHEEZ SAUCE**

This is the sauce that you can put on your baked potatoes and steamed vegetables. It is absolutely delicious and will keep for about 2 weeks in the fridge.

At the beginning of this chapter, I said that on Friday you will soak the beans overnight. On Saturday you will cook the beans, then after they cool you can make this cheez sauce. This recipe is super simple. Only the beans are the time-consuming part. In a pinch you could use canned cannellini beans. But the sauce will not be as creamy as when you use small white navy beans.

**Ingredients:**

· 2 cups dry small white beans (navy beans) = 6 cups cooked

· 1 1/3 cups nutritional yeast

· 1½ cups filtered water

· 3 tsp. dry Italian herbs

· 1 tsp. onion powder

· 1 tsp. garlic powder

Blend until smooth. You can store in glass jars in the fridge. This also freezes well but don’t freeze in jars, they tend to crack. Use one of your 4-cup glass storage containers.