

VELVETY ROASTED RED PEPPER SPREAD

MAKES JUST UNDER 3 CUPS

Use to dip veggies or to spread on whole grain breads, crackers or as a sauce on vegetables, grains or noodles.

2 red bell peppers (may substitute 1 jar of roasted red peppers, organic)
½ cup raw cashews, soaked for up to 24 hours in fridge in plenty of water, then drained (see note)*
½ cup cooked beans (garbanzo, red lentils, pinto, adzuki or white beans)
¼ cup of sesame seeds (tan not white), lightly toasted is nice
⅓ cup nutritional yeast
1 large lemon, juiced
1 TBS miso paste (may substitute ½ tsp unrefined sea salt or Himalayan salt)
dash or two of cayenne, optional
1 garlic clove, pressed, optional
water, to thin, if necessary

Preheat oven to 425 F. Take red peppers and place them directly on your oven rack and roast at 425 F for 30 minutes, turning once or twice. Skin will blacken. You may want to place a pan on the shelf below the peppers to catch any juices that may drip from the peppers. (You can skip this step by just buying jarred roasted red peppers. Just make sure they are organic. Then rinse and drain the jarred peppers before proceeding with the recipe). Remove peppers from the oven once the skin is mostly black and the peppers are soft. Let cool until able to touch. Once peppers are cool enough to handle, remove and discard the skins and seeds.

Add pepper pieces to a blender then add the drained cashews, cooked beans, sesame seeds, nutritional yeast flakes, lemon juice, miso and the optional cayenne and garlic. Blend until smooth and creamy, add water slowly while machine is running to help blend, if necessary.



If you don't have time to soak your cashews then you can boil them for 3 minutes in enough water to cover, then drain and proceed. You just need the cashews to be very soft (by soaking or boiling) or they won't blend up as smooth.



Add more water if you want it to be a sauce or less water for a dip/spread.