

# Never Gets Old Nacho Dip

**Source:** Adapted from The Oh She Glows Cookbook, by Angela Liddon

Prep	Cook	Total
30 min	30 min	1 hr

**Serving:** 8

Vegan, Gluten-free

## Ingredients

1 cup **Raw Cashews**

1 cup **Peeled and Chopped Carrots**

2 TBSP **Nutritional Yeast**

2 TBSP **fresh Lemon Juice**

1 **Garlic Clove**

1  $\frac{1}{4}$  tsp. **Sea Salt**

$\frac{3}{4}$  tsp. **chili powder**

$\frac{1}{2}$  tsp. **Onion powder**

$\frac{1}{4}$ - $\frac{1}{2}$  tsp. **Cayenne pepper** *optional*

$\frac{2}{3}$  cup **water**

1 cup **Chunky Marinara Sauce** (*look for sugar free brand, low in oil content*)

1 cup **finely chopped Sweet Onion**

2-3 handfuls **Baby Spinach** *chopped (about 3 oz)*

1 cup **frozen corn kernels**

1 cup **black beans** (*cooked*)

## Directions

Place the cashews in a bowl and add water to cover. Soak for at least 2 hours; overnight preferable. Drain and rinse the cashews.

Preheat oven to 400 degrees.

Place carrots in a small saucepan, add water to cover. Bring water to a boil and cook carrots for 5 minutes or until tender. Drain. (Carrots can be steamed as well.)

In a blender (or food processor) combine the soaked/drained cashews, cooked carrots, nutritional yeast, lemon juice, garlic, salt, chili powder, onion powder, cayenne and  $\frac{2}{3}$  cup of water. Blend until silky smooth and then pour into a large bowl.

Stir the marinara sauce, onion, and spinach, corn and beans into sauce until fully combined.

Pour sauce into a casserole dish and smooth out. Bake for 25-30 minutes uncovered. Serve with Tortilla chips or pita chips or any desired veggies.

## Prep Notes

**1 day before:** *Soak the cashews a day ahead if you have time.*

