

Creamy Zucchini Sauce

This creamy zucchini sauce is perfect for summer. It sneaks in tofu and lots of delicious veggies that when they are blended up you won't even know they are there.

☆☆☆☆☆ No ratings yet



PREP TIME

10 mins

COOK TIME

30 mins

TOTAL TIME

40 mins



COURSE

Dinner



SERVINGS

8 servings

CALORIES

77 kcal

EQUIPMENT

- high speed blender

INGREDIENTS

- 3 zucchini, roughly chopped around 23 ounces
- 2 cloves garlic, kept whole
- ⅛ Vidalia onion, roughly chopped
- ½ block extra firm tofu, broken into cubes
- ¼ cup cashews
- 2 tablespoons Better than Bouillon
- ½ cup non-dairy milk

INSTRUCTIONS

1. In a large pan add the roughly chopped zucchini, onion, garlic, tofu, cashews, and 1 ½ cups (360ml) water. Let it cook on the stove for 30 minutes over low heat.
2. After cooking transfer it into a blender. If using glass be careful as to not add in hot contents, let everything cool. Then, add in the non-dairy milk. Blend for 1 to 2 minutes until creamy and smooth.