

Joy of Living Cooking School

April 2024 – Italian Sauces

Vegan Alfredo Sauce (8 servings)

- 1-1/2 cup Onion, diced (approx. 1 medium)
- 1 cup Vegetable Broth (low sodium)
- 4 Garlic Cloves, minced
- 1/2 cup Cashews (raw & unsalted)
- 1/2 cup Water
- 1 tablespoon Liquid Aminos
- 1 tablespoon Lemon Juice
- 2 tablespoons Nutritional Yeast
- 1/8 teaspoon Nutmeg (ground)



Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	205
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.3g	6%
Cholesterol 0mg	0%
Sodium 103mg	4%
Total Carbohydrate 31.2g	11%
Dietary Fiber 7.3g	26%
Total Sugars 2.4g	
Protein 14.2g	
Vitamin D 0mcg	0%
Calcium 118mg	9%
Iron 5mg	30%
Potassium 784mg	17%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

In a medium-size saucepan, combine the onion and vegetable broth. Bring to a simmer over medium-high heat. Cook for 8-10 minutes until the onions are very soft and the broth is almost completely evaporated. Add the garlic and cook for 2 more minutes.

Transfer the softened vegetables to the pitcher of a high-speed blender. Add the cashews, water, liquid aminos, lemon juice, nutritional yeast, and nutmeg. Start the blender on low and slowly increase to blend on high until very smooth, adding more water as needed to reach the desired consistency.

Serve warm.

Note: if a high-speed blender is not available, soak the cashews in water overnight, drain off the water and add to a standard mixer with the other ingredients.

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Eggplant Bolognese Sauce (4 servings)

- 1 lb. Eggplant (any variety)
- 1 Onion, finely diced
- 1 Carrot, shredded
- 1 Celery Stalk, shredded
- 4 Garlic Cloves, minced
- 1 cup Vegetable Broth (low sodium)
- 2 28 oz. cans Whole Tomatoes
- 1 tablespoon Coconut Aminos
- 1/4 cup Fresh Basil, chopped
- 2 tablespoons Fresh Oregano, chopped



Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	297
% Daily Value*	
Total Fat 4.4g	6%
Saturated Fat 0.9g	5%
Cholesterol 0mg	0%
Sodium 108mg	5%
Total Carbohydrate 63.9g	23%
Dietary Fiber 21.4g	77%
Total Sugars 21.7g	
Protein 12.9g	
Vitamin D 0mcg	0%
Calcium 574mg	44%
Iron 14mg	78%
Potassium 2410mg	51%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Preheat the oven to 350° F. Line a baking sheet with foil and lightly spritz with cooking spray. Set aside.

Cut the eggplant into large pieces, approximately 1/2-inch cubes. Heat a large skillet over medium high heat. Add the eggplant and cook until the pieces soften and develop a slight brown color, about 6 minutes. Stir frequently, adding water a tablespoon at a time as needed to prevent sticking, Transfer the eggplant to the prepared baking sheet. Spread into an even layer. Bake in the oven for 15 minutes until completely softened, stirring the eggplant once or twice during the cook. Remove from the oven and set aside.

While the eggplant bakes, heat a large pot over high heat. Add the onions, carrot, and celery and cook for 5 minutes until the vegetables are soft and slightly brown. Stir frequently and add water a tablespoon at a time to prevent sticking. Add the garlic and cook for an additional 30 seconds.

Stir in the vegetable broth and cook until the broth reduces in volume, about 5 minutes. Add the tomatoes and coconut aminos. Bring the mixture to a boil and reduce to a simmer. Cook for 15 minutes until the tomatoes are very soft. Using a potato masher, crush the tomatoes and cook for another 15 minutes, stirring occasionally.

When the sauce has thickened, add the cooked eggplant, fresh basil and fresh oregano. Cook for 5 more minutes.

Serve warm.