

Chilli con queso (gluten & dairy free)

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A dairy-free version of chilli con queso.

Ingredients (makes 500ml)

- 1 cup of raw cashews
- ¼ cup of water
- 1 small lemon, juiced
- ¼ tsp salt
- 2 tsp apple cider vinegar
- 1 large red onion, peeled and finely diced
- 2 long green chillies, halved, deseeded and finely sliced
- 3 small red chillies, halved deseeded and finely sliced
- 2 large garlic cloves, peeled and minced
- 1½ cups of vegetable stock
- 1 cup of dairy-free cheese (like soy cheese from the supermarket)
- 2 tbsp of jalapeños, finely chopped
- ½ tsp sweet paprika
- 1 handful of fresh coriander, washed and roughly chopped

METHOD

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Soak the cashews in enough water to cover them for a few hours. Then drain them and discard the water. Place the cashews, the quarter-cup of water, lemon juice, salt and apple cider vinegar into a blender and blend till combined and fairly smooth and set aside.

Heat a little water in a large pan. Add the onions, chillies and garlic and stir over a low to medium heat until the onions are softened.

Add the vegetable stock, cashew mix and the cheese into the pan. Stir all the ingredients until they are well combined and the cheese has melted. Gently simmer for a minute or two.

Remove the pan from the heat and stir the jalapeños in. Check the seasoning and spice level and if you are happy with both, place the dip into a serving bowl. Garnish with the paprika and coriander and serve.

Serve warm with dried wholemeal flat bread, corn chips and/or raw vegetables.

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Recipe from Mel B, The Kind Cook.

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