

CASHEW GRAVY

2 1/2 cups water
1/2 cup raw cashew pieces
2 Tbsp cornstarch
1/2 tsp salt
2 Tbsp. Tamari or Soy sauce
1/2 tsp garlic powder
2 tsp onion powder

Blend all ingredients until very smooth, probably about 4 minutes in your blender. Run a dab through your fingers to make sure cashews are well blended. Pour into a large saucepan and bring to a boil, stirring constantly.

This is a very versatile sauce that can be used in many recipes for gravy, or creamed soup.

This is from "The Best of Veggies" cookbook.