

# Nacho Cheez

## A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Potatoes, peeled	8 lbs. 8 oz.		17 lbs.	
Carrots, whole	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint (2 cups total)		1 quart (4 cups total)
Water		1 ½ cups + 2 Tbsp.		1 ½ pints + ¼ cup (3 ¼ cups total)
Lemon juice		⅓ cup + 1 ¼ Tbsp.		¾ cup + ½ Tbsp.
Salt		2 Tbsp.		¼ cup
Onion powder		2 Tbsp.		¼ cup
Garlic powder		2 Tbsp.		¼ cup
Nutritional yeast		1 ½ cups + 2 Tbsp.		1 ½ pints + ¼ cup (3 ¼ cups total)
Optional: cayenne pepper		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Boil potatoes and carrots until tender; about 20 minutes.
2. Reserve 1 quart of the potato water before draining the potatoes and carrots.
3. Put all ingredients in a Robot Coupe or another large food processor or blender.
4. If the cheez is too thick, add the reserved potato liquid one cup at a time until nacho cheese consistency is reached.
5. Transfer to a pan, cover and hold in warmer until meal service, stirring before serving.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

## Serving Information

Each ½ cup serving provides 3/8 cup starchy vegetable and ¼ cup red orange vegetable or a combination of ½ cup other vegetable.

## Nutrition Information per ½ cup serving \*From USDA Nutrient Database

Calories: 165 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 5g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 22g Fiber: 5g Total Sugar: 3g Protein: 5g Sodium: 369mg Vitamin A: 330µg  
Vitamin C: 8mg Calcium: 22mg Iron: 0mg Folate: 13µg



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