

# Homemade cheese sauce

## For Veggies or Nachos

**Nacho Cheese**—Makes 1 cup (*Four, 1/4 cup servings*)

- 1/4 cup heavy whipping cream (2 fl oz)
- 2 tbsp butter, preferably grass-fed (1 oz)
- 1/4 cup cream cheese or soft goat cheese (60 g)
- 1/2 cup grated cheddar or hard goat cheese (60 g)
- 1/4 tsp cayenne pepper
- 1/2 tsp garlic powder (*optional to taste*)
- 1/2 tsp onion powder (*optional to taste*)
- 1/2 tsp paprika (*optional to taste*)
- Pinch of Salt (*Sea salt or Morton's Lite for potassium*)



### Cheese Sauce Directions

1. Gently heat cream and butter.
2. Once warm, add the cream cheese. Stir until melted and bring to a simmer, then turn off heat.
3. Add grated cheddar cheese and mix until the desired consistency you like. (If too thick add a splash of water.)
4. Serve warm. Make in small batches, as it will separate when cooled.

### Ingredients for the Nachos

- 1 large Jicama, peeled and sliced thinly into “Chips”
- 1 cup Salsa
- 1/2 cup Guacamole
- 1.2 cup shredded Red Cabbage
- 2 tablespoon chopped Scallions
- 1/4 cup black Olives
- Beef, chicken or taco meat as desired.



### Nacho Directions

1. If making with chicken, beef or taco meat, heat and prepare the meat as you normally would for nachos.
2. Spread the jicama “chips” around a plate.
3. Add the meat (if using)
4. Drizzle on the cheese sauce.
5. Layer on salsa, guacamole, shredded cabbage, scallions and olives.
6. Serve and enjoy.

Note: Do not heat the jicama as it will lose its chip-like crunch.