

# Vegan Smoky Butternut Squash Sauce



Source: Withfoodandlove.com, Better Vegan  
Category: Vegan Sauces and Condiments  
Prep Time: 5 min Cook time: 35 min Total Time: 40 min  
Makes 2 cups sauce

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## Ingredients:

1 small butternut squash  
4 Tbsp. coconut or avocado oil, divided oil  
1 cups filtered water  
1/4 cup raw cashews  
1/4 tsp. garlic powder  
1/2 tsp. ground turmeric  
1/2 tsp. smoked paprika  
Pink Himalayan salt, to taste  
Black pepper, to taste

Recipe Link:

<https://www.betterveganrecipes.com/smoky-butternut-squash-sauce>

## Instructions:

1. Preheat the oven to 450 degrees and line a baking sheet with parchment paper.
2. Peel and cut the butternut squash into small chunks. Toss them with 2 tablespoons of oil and pinch of salt and pepper. Lay them out evenly on the baking sheet and roast for 30 minutes or until very tender and browned on some pieces.
3. When the butternut squash is done roasting combine it with the water, cashews, garlic powder, turmeric, paprika and a pinch of salt and pepper in a blender and puree until totally smooth. If the sauce is too thick, add more water, a little bit at a time, until the desired consistency is achieved.
4. Place the sauce to a pot and warm up before serving.

## Notes:

Store in an airtight container in the refrigerator for up to 3 days. Reheat before serving.

## Equipment needed:

Blender

### Serving suggestion:

Serve this sauce on toast, pasta, roasted vegetables, grain bowls and beyond.