



Leaky Artichokey Cheeze

From: Tam Nelson

Prep Time: 30 min

Serves: 12

Cook Time: 1.5 hours

- 1) Preheat oven to 400°F. Slice ¼ inch off the top of the garlic bulb to expose cloves. Place on foil, drizzle with 2 teaspoons oil and a pinch of salt, wrap tightly, and roast 40–45 minutes until soft. Cool.
- 2) While garlic roasts, prep ingredients. Slice leeks lengthwise, rinse thoroughly between layers, pat dry, and thinly slice. Dice onion. Soak cashews in boiling water for at least 10 minutes, then drain. Blanch spinach in boiling water 1–2 minutes until bright green and wilted. Drain, cool under cold water, squeeze dry, and set aside.
- 3) Heat 2 tablespoons oil in a large Dutch oven over medium-low. Pat artichokes dry and sear undisturbed 5–6 minutes until browned. Transfer to a bowl.
- 4) Add leeks with a pinch of salt and cook about 10 minutes until softened and lightly golden. Stir in onion and cook 5 minutes more. Add nutritional yeast, coriander, and red pepper flakes; sauté 2–3 minutes.
- 5) Stir in beans and vegetable broth. Add bay leaf and thyme, bring to a boil, then reduce to a low simmer. Cover and cook 20 minutes.
- 6) Blend drained cashews with roasted garlic, miso paste, and 1 cup water until smooth. Add spinach and blend until finely minced.
- 7) Remove bay leaf and thyme. Return artichokes to the pot and stir in spinach–cashew cream until fully combined. Remove from heat and serve.

Notes

Ingredients

- 2 bulbs garlic
- Avocado oil for roasting and cooking
- 4 leeks, green tops removed
- 2 yellow onion, diced
- 1 cup raw cashews
- 10 oz fresh spinach (or frozen, see notes below)
- 2, 15 oz jar quartered marinated artichoke hearts, drained
- 4 tbsp nutritional yeast or 1/4 cup shredded vegan parmesan
- 2 tsp ground coriander
- 1 tsp red pepper flakes (optional)
- 2, 15 oz can cannellini beans, drained and rinsed
- 8 cups vegetable broth
- 4 bay leaves
- 20 sprigs of thyme
- 2 tsp yellow miso paste
- Kosher salt, as needed

Toppers:

- Toasted pine nuts
- Green onion

