

Vegan White Sauce (Bechamel)



4.8 from 23 reviews



Author: [Alison Andrews](#) Prep Time: 5 mins Cook Time: 15 mins Yield: ~2 cups

DESCRIPTION

3-ingredient vegan white sauce recipe. Also called bechamel sauce, this simple sauce is creamy, wholesome and delicious and can be used whenever you need a white sauce.

INGREDIENTS

Basic White Sauce:

~~3 Tbsp Olive Oil~~ 3 Tbsp Nuttelex
2 Tbsp All Purpose Flour
2 Cups (480ml) Soy Milk (or other non-dairy milk)

Spices to taste:

[Black Pepper](#)
[Sea Salt](#)

INSTRUCTIONS

- 1 Add the oil to a pot on the stove and heat it at medium to high heat.
- 2 As the oil heats, add the flour and stir or whisk vigorously.
- 3 Add the soy milk all at once and continue to stir and whisk (you can alternate between a wooden spoon and a whisk) and allow the sauce to gradually thicken.
- 4 You will usually get to the right thickness after it has reached boiling point and boiled for a few minutes.
- 5 When you've reached the desired thickness (keep in mind that the sauce will continue to thicken as it cools), remove from the heat and add any spices you choose, such as some salt and black pepper or garlic spice or whatever you choose.

NOTES

*If you double this recipe, then just a note that the way to double it is that the flour must always be one less than the oil. So doubling this recipe would mean you use 6 Tbsp of olive oil and 5 Tbsp of flour.