

# Spinach Artichoke Dip

## Ingredients

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- 1 medium cauliflower, chopped and boiled
- 1 cup cannellini beans
- 1 cup cashews, raw, soaked
- 1 medium yellow onion, chopped
- 1 medium leek, approximately 5 inches of white end, washed and chopped
- 5 cloves garlic, minced
- 4 tablespoons olive oil
- 2 tablespoons nutritional yeast
- $\frac{3}{4}$  cup non dairy milk
- 2 teaspoons salt
- 2 cans artichoke hearts, quartered in brine, drained and chopped
- 8 cups spinach



## Method

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1. Place cashews in a bowl of water and allow to soak during your prep work. Trim, wash, and chop a medium cauliflower. Bring a pot of water to boil and boil cauliflower until soft.
  2. While the cauliflower is boiling, chop the onion, wash and chop the leek, and mince the garlic. Heat a large frying pan over medium high heat. Add 2 tablespoons of olive oil, the onion, leeks, and garlic and sauté until soft, approximately 5 minutes. Set aside.
  3. When the cauliflower is soft, drain and place in a high powered blender or food processor. Add the sautéed onions, leeks, and garlic along with the beans, drained cashews, nutritional yeast, 1 can of the artichoke hearts (drained), non dairy milk, and salt. Blend on high until the mixture is smooth. Pour into a large mixing bowl and set aside.
  4. Reheat the frying pan over medium high heat. Add the remaining 2 tablespoons of olive oil, spinach and two pinches of salt. Sauté the spinach until wilted, approximately 5 minutes. Place the spinach on a cutting board and chop well. Add the spinach to the mixing bowl.
  5. Open and drain the remaining can of artichoke hearts. Place on the cutting board and roughly chop. Add the chopped artichoke hearts to the mixing bowl.
  6. Stir all ingredients until well mixed. Serve warm. Great with veggies, chips, bread, or artichoke leaves.
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Source: [The Ginger Veganista](#) (Servings: 20 | Yield: 6-8 cups)

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