

# Vegan Dip with Roasted Peppers and Pumpkin Seeds

## Ingredients

- 2 large red bell peppers
- 1 medium sized onion
- 3-4 cloves of garlic
- 1 jalapeño
- 1 ½ cup pumpkin seeds
- 1 tbsp. olive oil, plus more for roasting
- ½ cup soy milk (or other plant-based milk)
- 1 tbsp. soy sauce
- 1 tbsp. apple cider vinegar
- 1 tbsp. nutritional yeast
- Salt and pepper, to taste

## Steps

1. Preheat the oven to 400°F (200°C). Remove the core of the bell peppers, and cut each into large strips. Remove the skin from the onion and chop into quarters. Remove the skin from the garlic. Slice the jalapeño in half. Place all the vegetables in a baking sheet and coat in oil, and season with salt and pepper. Roast all the vegetables for 25 minutes.
2. Add the pumpkin seeds to a medium pot with water, and bring to a boil. Let boil for 20 minutes to soften, and then drain. Add the pumpkin seeds to the blender, along with the olive oil, soy milk, soy sauce, vinegar, and nutritional yeast. Blend until smooth.
3. Add all the vegetables to the blender and blend until smooth. Transfer the dip to a bowl, and place in the refrigerator until chilled. Serve with crackers, bread, or vegetables.

