

# Creamy Mushroom Pasta

Serves 4

Allergens: Contains wheat, tree nuts, soy



VEGAN



VEGETARIAN



DAIRY FREE



## Ingredients

- 3 tablespoons olive oil, divided
- 2 pounds mushrooms, mix of white and brown, sliced
- 2 shallots, finely diced
- 4 cloves garlic, minced
- 1 tablespoon fresh rosemary, minced
- 4 cups plain, unsweetened milk alternative cashew recommended
- 1 can white beans, rinsed and drained
- 2 cubes vegetable bouillon or 2 teaspoons bouillon base
- 2 tablespoons nutritional yeast
- 2 teaspoons white miso
- 8 ounces whole wheat spaghetti or linguine
- 1 teaspoon salt or to taste

## Directions

1. Heat a stock pot over medium high heat and add 2 tablespoons olive oil. Add half the mushrooms and cook for about 2 minutes, until they start to cook down. Add remaining olive oil and mushrooms and cook until they start to brown, about 3 minutes. Pour off any excess water that has accumulated.
2. Add shallots. Cook until shallots start to brown, stirring frequently to prevent burning, about 2 minutes. Add garlic and rosemary and cook for 30 seconds.
3. Add milk alternative, beans, bouillon, nutritional yeast, miso, and salt. Stir to combine.
4. Once it reaches a simmer, add the pasta and stir. Reduce heat to a low boil and cook according to pasta instructions, plus about 20% more time. This should be about 14 minutes for whole wheat spaghetti. If necessary, continue cooking until pasta is cooked, adding a little more water (no more than 1 cup) if necessary to prevent it from sticking to the bottom of the pan. By the time the pasta is done cooking, you want to have a thickened creamy sauce, not as thick as a gravy or alfredo sauce, but not so thin that it doesn't stick to the noodles. Serve warm.

## Zero Waste Tips

- Buy in bulk when possible:
  - Mushrooms -Buy from a bin, ideally using a reusable produce bag, rather than a prepackaged container. It will likely be cheaper as well
  - Beans - Buy dried beans in bulk, ideally in a reusable container. Cook a large batch and freeze leftovers
- Non-dairy milk – if highly motivated, try making your own!
- Rosemary – Try growing your own! It is fairly drought tolerant

Recipe from [“One Pot Meals” cooking class, Fall 2018](#)

*Adapted from [Delicious Everyday](#)*