Creamy Vegan Mushroom Pasta

Cooking Instructions

1. Add cashews to one cup of warm water and set aside to soak.
2. Cook pasta according to instructions on packaging. Reserve 1 cup of pasta water.
3. Heat olive oil over medium heat in a soup pot, add minced onion and sauté.
4. Chop mushrooms into bite-size pieces and add to pot. Add soy sauce and pepper. Sauté on low until mushrooms begin to brown.
5. Take the cashews and add them to a blender with a small amount of the water they soaked in. Blend until creamy and smooth, adding water as needed.
6. Chop garlic and thyme, then add to the pot with the mushrooms and onion, stir for 1–2 minutes. Add Dijon mustard and stir until heated through. Add blended cashew sauce and heat until warm.
7. Add pasta to pan and heat through. Add reserve pasta water if needed. Salt as needed. Stir thoroughly to coat pasta with the sauce. Squeeze lemon juice on top of pasta before serving.

Ingredients

- 1 tablespoon olive oil
- 1 teaspoon soy sauce
- 2 cloves of garlic, chopped
- 1 white or yellow onion, minced
- 1 lemon
- 1/2 cup cashews
- 1 package of mushrooms

- 1 teaspoon thyme
- 1 teaspoon Dijon mustard
- 2–3 cups cooked whole wheat or bean pasta
- Salt and pepper
- Optional toppings: chopped nuts, Parmesan cheese

Grocery List (add optional toppings to list as desired)

Produce

- 1 garlic bulb
- 1 onion
- 1 package of mushrooms
- 1 lemon

Other Items

- 1/2 cup cashews
- Dried or fresh thyme

Pantry Items

- Olive oil
- Salt/pepper
- Soy sauce
- Dijon mustard
- Whole wheat or bean pasta