

# Creamy Vegan Mushroom Pasta

## Instructions

1. Add the cashews to one cup of warm water and set aside to soak.
2. Cook the pasta according to the package instructions. Reserve 1 cup of pasta water.
3. Heat the olive oil over medium heat in a soup pot, add the minced onion, and sauté.
4. Chop the mushrooms into bite-sized pieces and add them to the pot. Add the soy sauce and black pepper. Sauté on low until the 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 the garlic and thyme, then add them to the pot with the mushrooms and onions, stir for 1–2 minutes. Add the Dijon mustard and stir until heated through. Add the blended cashew sauce and heat until warm.
7. Add the pasta to the pot and heat through. Add the reserved pasta water if needed, and add salt to taste. Stir thoroughly to coat the pasta with the sauce. Squeeze lemon juice on top of the pasta before serving.

## Ingredients

- ½ cup cashews
- 1 cup of warm water
- 2-3 cups cooked whole-wheat or bean pasta
- 1 cup of pasta water
- 1 tbsp olive oil
- 1 white or yellow onion, minced
- 1 package of mushrooms
- 1 tsp soy sauce
- Salt and black pepper, to taste
- 2 cloves of garlic, chopped
- 1 tsp thyme
- 1 tsp Dijon mustard
- 1 lemon
- Optional toppings: chopped nuts, Parmesan cheese

## Grocery List

### Produce

- Onion
- Mushrooms
- Garlic
- Lemon

### Other Items

- Cashews
- Dried or fresh thyme

## Pantry Items

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