

# GARLIC SHROOM LINGUINE



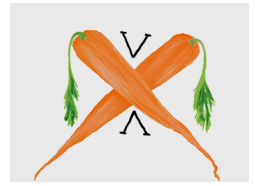
SERVES: 4

PREP TIME: 15 MINUTES

COOKE TIME: 20-25 MINS

TOTAL TIME: 35 MINUTES

## THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

## INGREDIENTS

10-12 oz whole grain or gluten free linguine

8 oz cremini mushrooms, sliced or chopped

4-6 garlic cloves, minced

3 TBSP + 1 tsp EVOO, divided

4 TBSP all purpose flour, or arrowroot powder for GF option

1 3/4 - 2 cups low sodium vegetable broth

1/2 tsp sea salt

1/4 tsp red pepper flakes, optional

1/2 tsp each oregano, basil, thyme

1-2 TBSP nutritional yeast

Fresh parsley or basil, chopped, optional topping

Vegan parmesan\*

## METHOD

Cook pasta according to package instructions.

Heat a large skillet over medium heat. Add 1 tsp of oil when hot, followed by the mushrooms. Stirring often, cook for 1-2 minutes. When mushrooms begin to release juices, add garlic and season with salt/pepper. Continue cooking until mushrooms appear soft and are no longer releasing juices, about 5-7 minutes. Remove from pan and set aside.

Do not rinse pan. We aren't done yet! Over medium-low heat, add remaining 3 TBSP EVOO to skillet, followed by 4 TBSP of flour. Whisk continuously. The mixture will look thick and paste-like. Cook for about 1 minute.

Gently add in the vegetable broth about 1/2 cup at a time. Again, whisking continuously over medium heat. As you whisk, clumps should begin to disappear and the sauce will look thick and creamy. It also picks up the flavor left behind from the garlic/mushroom cooking!

Reduce heat to low and add in mushroom/garlic mixture. Cook for an additional 5-6 minutes to blend flavors. Remove from heat, stir in nutritional yeast. Taste for salt and pepper needs.

Add linguine to the skillet and stir to coat in sauce. Serve with fresh herbs and vegan parmesan topping. Enjoy!

## NOTES:

\*Vegan parmesan 1 cup raw walnuts (could also use almonds or cashews!), 2 TBSP nutritional yeast, 1 garlic clove, ½ tsp sea salt. Blend in a small blender until coarsely ground. Use to top any pasta or salads!

## NUTRITION:

Serving Size: 1/4 recipe Total Calories per serving: 348 Total Fat: 6 g  
Sodium: 300 mg Potassium: 180 mg Total Carbohydrate: 62 g  
Fiber: 9 g Sugar: 5 g Protein: 13 g