

Meals From The Heart Café, LLC

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www.mealsfromtheheartcafe.com

Recipe: Linguine Mushroom Pasta

Ingredients

8 ounces of linguine pasta (follow packaged directions)

8 ounces of Portabello mushrooms (slice)

2-3 medium tomatoes, diced

4 cloves of garlic, minced

2 tablespoons of vegan butter (or unsalted butter)

2 tablespoons of Extra Virgin olive oil

2 shallots, finely chopped

1/2 cup drinking white wine

1/2 cup vegan heavy whipping cream

1/4 cup fresh parsley, chopped

2 tsp. garlic powder

Himalayan salt and ground black pepper to taste

½ cup Nutritional yeast

Instructions

1. Boil the Linguine following package instructions. Pasta should be al dente. Drain and set aside. Do not rinse.
2. In a large skillet or Brazier, heat the olive oil over medium-high heat. Add the sliced mushrooms and sauté until they soften and start to brown, about 8-10 minutes. Remove
3. For the white wine sauce: In the same skillet, melt the butter over medium heat. Add the chopped shallots and garlic. Sauté for a few minutes until they become translucent.
4. Pour in the white wine and let it simmer for a couple of minutes, reduce it by half; add heavy cream, and continue to simmer until thickened. 5 minutes or so.
5. Blend in the diced tomatoes and cook for another 5 minutes. Season with garlic powder, salt, and black pepper to taste.
6. Add mushrooms and linguine to the skillet, mixing them with the tomato sauce. Cook for an additional 5 minutes.
7. Add the cooked linguine to the skillet with the mushroom and tomato sauce. Toss in the ingredients coating the pasta until well-combined. Cook for another 4 minutes, tossing until all of the ingredients are hot through and through.
8. Add-in parsley and nutritional yeast. Cook for an additional 3-5 minutes.