



Mushroom Stroganoff with Legume Pasta

INGREDIENTS

1 cup raw cashews
1/4 tsp sea salt
1 tbsp lemon juice
1/2–3/4 cup water
1 1/2 tbsp apple cider vinegar
1 white onion
3 cloves garlic
4 cups cremini mushrooms
2 cups portobello mushrooms
4 tbsp olive oil
sea salt, to taste
black pepper, freshly ground, to taste
2 packages chickpea pasta (8 oz each)
1 cup reserved pasta water
sea salt
2 tbsp cornstarch
2 1/2 cups low-sodium vegetable stock
1/2 cup cashew sour cream
1/2 to 1 tsp dry mustard powder
1/2 tsp paprika (optional)
parsley, minced

METHOD

1 Prep. First, place the raw cashews in a bowl and cover with water. Let soak for a few hours or overnight.

Drain and rinse the cashews. Dice the white onion. Mince the garlic. Slice the cremini mushrooms and portobello mushrooms. Remove the dark gills from the portobello mushrooms before slicing. Mince the parsley.

2 Make the Cashew Sour Cream. Add the soaked cashews, sea salt, lemon juice, water, and apple cider vinegar to a blender. Blend until completely smooth. Add more water if needed to reach a smooth, creamy consistency.

3 Start the Sauce. Heat a large frying pan over medium-high heat. Add 2 tbsp olive oil and the diced onion. Sauté for about 8–10 minutes, until the onions begin to caramelize and turn translucent.

Add the minced garlic and cook for about 30 seconds, until fragrant. Remove the onion mixture from the pan and set aside.

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METHOD (continued)

Add the remaining olive oil to the same pan and add the mushrooms. Sauté for about 8–10 minutes, until the moisture releases and evaporates. Return the onion mixture to the pan and stir to combine.

4 Cook the Pasta. Bring a large pot of water to a boil. Add sea salt. Add the chickpea pasta and cook according to package directions until slightly firm to the bite.

Reserve 1 cup of the pasta water, then drain the pasta.

5 Finish & Serve. In a small bowl, mix the cornstarch with the low-sodium vegetable stock.

Add the mixture to the pan with the mushrooms and onions. Bring to a gentle simmer and cook for a few minutes, stirring frequently. Add the dry mustard powder, paprika if using, and cashew sour cream. If the sauce is too thick, add some reserved pasta water until the sauce reaches a smooth consistency.

Taste and adjust seasoning with sea salt and freshly ground black pepper. Add the cooked pasta and gently toss to combine. Serve warm, garnished with minced parsley and additional cashew sour cream if desired.