

One-Pot Creamy Mushroom and Spinach Pasta

Prep to table: 30 minutes | Serves: 4

Pasta cooked along with vegetables can sometimes end up resembling a bowl of stew, so I tend to err on using a little less liquid. But add extra broth if the pasta starts drying up before it's fully cooked. For the plant-based milk, choose almost anything that's unflavored and unsweetened—except for coconut milk, which can be overwhelming here.

Ingredients:

- 3 tablespoons olive oil, divided
- 1 medium yellow onion, thinly sliced
- 5 cloves garlic, minced
- 2 cups sliced small mushrooms, such as crimini, white, or brown
- 1 tablespoon soy sauce
- 1 tablespoon lemon juice
- 1 teaspoon dried thyme
- 1 3/4 cups vegetable broth, plus more as needed
- 3/4 cup unsweetened non-dairy milk
- 8 ounces short-grain pasta, like orecchiette, elbow macaroni, or rotini
- 3/4 teaspoon salt
- 2 to 4 cups fresh spinach
- 3 tablespoons nutritional yeast
- Red pepper flakes (optional)

How to:

1. **Heat** 2 tablespoons of olive oil in a large pot over medium heat. Add the onion and sauté until fragrant, about 2 minutes. Add the garlic and sauté for another minute. Toss in the mushrooms and soy sauce and cook until the mushrooms soften, another 3 to 5 minutes.
2. **Stir** in the lemon juice, freeing up any bits of onion, garlic, or mushrooms that might be stuck to the bottom of the pan. Add the thyme, vegetable broth, non-dairy milk, pasta, and salt and bring to a boil.
3. **Lower** the heat, partially cover the pot, and simmer until the pasta is cooked, about 10 to 12 minutes. Add broth if the pasta needs more liquid to fully cook.
4. **Stir** the fresh spinach and nutritional yeast into the cooked pasta until it's well-blended, and the spinach has wilted, about 1 minute.
5. **Turn** off the heat. Stir in the remaining 1 tablespoon of olive oil. Taste, and season with salt and pepper. Add a sprinkle of red chili flakes, if you'd like.

Easy ingredient swaps:

- Try grated parmesan instead of the nutritional yeast

- Swap in 8 ounces frozen spinach for the fresh spinach; reduce the broth by $\frac{1}{8}$ cup to compensate for the extra water in the frozen spinach
- Use dairy milk instead of the unsweetened plant milk