

CREAMY MUSHROOM & KALE PASTA

Ingredients

- 1 lb whole wheat pasta – I like spaghetti or penne for this; prepared (or use GF pasta such as chickpea, brown rice, edamame, or red lentil pasta)
- 2 lb sliced mushrooms – any type or a mix of mushrooms. I usually use baby portabellas. Use a lot to make it hearty and savory, since they do cook down.
- ¼ to ½ cup hummus more or less – try roasted red pepper or roasted garlic hummus
- LOTS of garlic, up to 7-8 cloves, sliced or minced, or from a jar (not in oil)
- OR 1 Tbs garlic powder (not garlic salt)
- One yellow onion, chopped or sliced thinly
- 1 cup or more low sodium veggie stock veggie or stock (you can sometimes find mushroom stock which is really good with this)
- 1 bunch kale. Remove hard stems and chop very finely. If they are big leaves, I use about 5-6 leaves, OR you could use snipped spinach
- Optional: 1 red bell pepper, diced if you want the color, green peas



Optional seasonings you can add to taste: garlic powder, 1 tsp black pepper, ¼ tsp cayenne, 1 Tbs Italian blend, ¼ tsp turmeric 1 tsp smoked paprika, 2 tsp nutritional yeast, salt & pepper

Instructions

- In a deep pan on medium high heat, start the onion dry until it sweats and softens and begins to turn brown. Add garlic and a little veggie broth until both are tender. Add the red bell pepper for a couple minutes, if using
- Add all of the sliced mushrooms; let them begin to cook down and draw juice, stirring
- As the mushrooms cook down, add the kale or spinach & some broth.
- As the greens cook down, stir in lots of seasonings to your taste! When mushrooms and greens have reduced, add more broth if necessary to make it all a little soupy
- Stir in hummus to get a creamy sauce; start with a big dollop or spoonful and keep adding to get to the creaminess you like. It will get thicker after cooking and in the fridge, so keep it on the wet side. Add a splash of non-dairy milk or veggie broth to leftovers if pasta absorbs too much of the sauce
- You can top cooked pasta with the sauce, but I like to add the cooked and drained pasta to the pan and mix thoroughly with this sauce so it is heavily coated. Only add as much

pasta as you think can be accommodated by the sauce to heavily coat. Serve with a big healthy salad and fresh fruit. Makes wonderful leftovers; even better the next day! This is the bomb! And nothing but totally healthy ingredients.

Do you or someone you're cooking for not enjoy mushrooms because of texture? Mince the mushrooms rather than slicing them. They will obviously cook down much faster. This is a stock photo and not mine, mine always has *more* wet sauce on it.