

Judi's Recipe Club



Pasta with Portobello Mushroom Balsamic Cream

Rich and meaty portobello mushrooms are sautéed with tangy balsamic vinegar and finished with a smooth cashew cream.

Cooking Instructions

1. Place cashews in a small bowl and cover with water. Let sit at least an hour. Drain the cashews, discarding the water used for soaking.
2. Combine soaked cashews, boiling water and vegetable bouillon cube in a high-powered blender. Blend until smooth. Set aside.
3. Heat olive oil in a large skillet over medium heat. Add garlic and onion. Sauté for 5 minutes until onion begins to soften.
4. Add portobello mushrooms and dried thyme. Sauté until browned and softened, about 8-10 minutes.
5. Add balsamic vinegar to deglaze the pan, scraping off any bits stuck to the pan. Let the liquid evaporate, stirring constantly.
6. Add the blended cashew cream. Stir to combine. The mixture will be thick.
7. Reduce heat to low and add some water, about $\frac{1}{4}$ cup at a time, stirring to incorporate each time, until you reach your desired consistency. It should be thick, not soupy but not gloopy either.
8. Season with salt and pepper.
9. Serve sauce on top of cooked pasta with fresh basil.

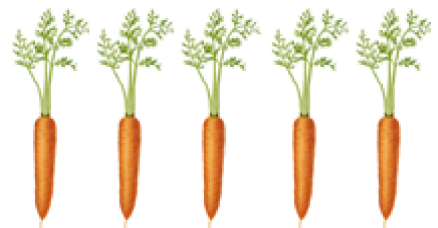
Our Notes

We cut the recipe by $\frac{2}{3}$ to end up with 2 servings. We also eliminate oil by using vegetable broth to Sauté our ingredients. To make it a bit more Italian we added oregano, sage and rosemary.

Ingredients

1 cup raw unsalted cashews
1½ cups boiling water
1 vegetable bouillon cube
2 Tbsp olive oil or coconut oil
6 large portobello mushrooms, stems and gills removed, sliced thinly
4 large cloves garlic, chopped
½ sweet red or white onion, sliced thinly in half-moons
1 tsp dried thyme
¼ cup balsamic vinegar
1 - 1½ cups water, as needed
¼ cup chopped fresh basil
Salt and pepper, to taste
1 lb cooked gluten-free pasta

Our Rating ...



21 day
FIX Container Count

Each serving contains:
1 Blue container
2 Yellow containers
2 Green containers

Original Recipe:
thesethingsilove.com