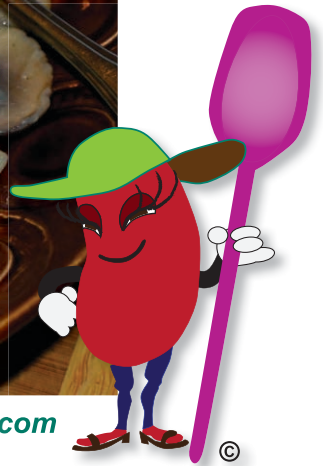


Beans, Rice And Everything Nice

Creamy Mushroom & White Bean Pasta



beansriceeverythingnice.weebly.com



Ingredients

makes 4 - 6 servings

2 generous cups of cauliflower florets,
fresh or frozen

2 cups water

1 cup unsweetened non-dairy milk
(I used soy)

14 gram / 1/2 ounce package dried
Shitake mushrooms

1/4 cup gluten-free chickpea or garfava flour

2 Tablespoons gluten-free tamari

2 Tablespoons nutritional yeast

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon ground cumin

1/4 teaspoon ground cayenne pepper

1 teaspoon dried oregano

1 teaspoon dried thyme

2 cups cooked or 1 can white kidney or
Cannellini beans, drained and rinsed

454 grams / 1 pound mushrooms sliced
(any kind)

454 grams / 1 pound gluten-free pasta
(I used rotini)

parsley to taste, minced

fresh lemon juice, to taste

salt and pepper, to taste

1. Place the water and cauliflower florets in a medium saucepan and bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer for 5 minutes. Remove from heat and set aside to cool a little before adding to the blender.
2. Start boiling the water to make the pasta. Cook the pasta according to the package instructions while you prepare the sauce. Once cooked, give the pasta a quick rinse in warm water to remove some of the excess surface starch and return it to the cooking pot. Cover with a lid and set aside until ready to mix in the sauce.
3. To continue making the sauce, add the dried mushrooms to a dry blender jar and blend into a powder.
4. Add the cauliflower and its cooking water to the blender with the mushroom powder. Add the soy milk, tamari, nutritional yeast, onion powder, garlic powder, ground cumin and chickpea flour to the blender. Blend until smooth. Set aside while you prepare the mushrooms.
5. Preheat the same saucepan you used to cook the cauliflower over medium heat and add the sliced mushrooms and a couple of Tablespoons of water. Cook until the mushrooms have softened, about 5 minutes. Add the cayenne pepper, dried oregano, dried thyme and white beans. Add the sauce and gently simmer, stirring frequently, until thickened and the flavour of the bean flour has cooked out of the sauce, about another 5 minutes.
6. Add the minced parsley to the pasta pot and pour in the hot mushroom sauce. Mix gently but thoroughly. Add a squeeze or two of fresh lemon juice, to taste, and serve. Garnish each serving with salt and pepper if desired.