



Creamy Vegan Garlic Pasta



Adapted from *Minimalist Baker*

Ingredients



- 2 cups mushrooms, sliced
- 2 cups root vegetables, diced
- 1 cup grape tomatoes, halved
- 10 oz. whole wheat pasta
- 3 Tbsp. + 2 tsp. olive oil
- 1/4 medium onion, diced
- 8 large cloves garlic, minced
- Salt, to taste
- Pepper, to taste
- 4-5 Tbsp. all-purpose flour
- 2 1/2 cups unsweetened plain non-dairy milk
- 2 tsp. Italian seasoning (optional)



Directions



Yield: 5 servings **Serving size:** 1 1/2 cups **Total cost:** \$7.80 **Serving cost:** \$1.56

1. Preheat oven to 450°F. Toss mushrooms, root veggies, and tomatoes in 2 tsp. olive oil and a dash of salt. Place on baking sheet and bake for 20 minutes.
2. Bring a large pot of water to a boil and cook pasta according to package instructions. When done, drain and set aside.
3. In a large skillet over medium-low heat, add 3 Tbsp. olive oil, onion, and garlic. Add a pinch of salt and pepper. Cook 3-4 min, stirring frequently.
4. Stir in flour and whisk until combined. Whisk in milk a little at a time so clumps don't form. Add Italian seasoning and salt and pepper to taste. Bring to a simmer and cook 4-5 min to thicken, whisking frequently.
5. Turn off heat and mix in pasta and veggies.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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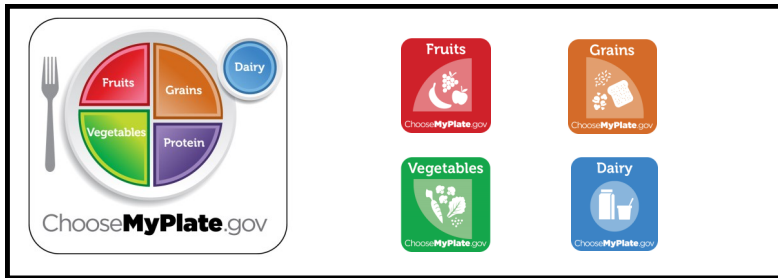
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Fast Facts



Featured Food Groups



Cooking Tips



- Substitute roasted veggies for any veggies you like or have on hand.
- Try out different seasonings.
- Best fresh, but will keep in fridge for 2 days.

Second Harvest is an equal opportunity provider.

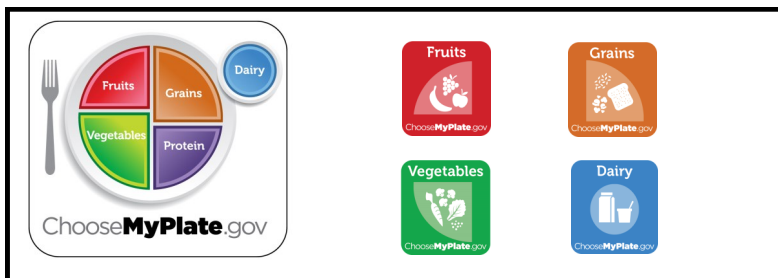
Nutrition Facts	
5 servings per container	
Serving size	1 1/2 Cups
Amount Per Serving	
Calories	390
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 1.7g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 60g	22%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 1.4mcg	8%
Calcium 286mg	20%
Iron 3.42mg	20%
Potassium 658mg	15%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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