

Wild Morel Mushrooms and Christmas Lima Beans over Pasta (Vegan)

Ingredients

- ½ cup dried Christmas lima beans
- 2 bay leaves
- 4-5 cups of water
- 5-7 fresh morel mushrooms (depending on size)
- ¼ cup vegan butter
- 8 oz. pasta (spaghetti or linguini)
- 2.5 oz. fresh parsley and/or cilantro
- Salt and pepper, to taste

Steps

1. Place the Christmas lima beans, bay leaves and water in a large sauce pan and bring to a boil before covering and reducing to a simmer. Allow it to simmer until they are almost perfectly soft (around 40 minutes) before salting, to taste.

2. In the meantime, gently clean your morels and slice in half vertically. After the beans have been cooking for at least 30 minutes, heat the vegan butter on medium high in a large skillet. Once it is melted and hot place the morels in the butter. Cook for 4-6 minutes, before flipping and allowing the other side to cook. Place the cooked morels aside, and save the remaining butter in the pan.

3. Once the beans are cooked (or nearly cooked), bring up to a boil and add the pasta to the saucepan (add more water before if necessary). While the pasta is cooking add the fresh herbs to the saucepan (don't stir in) and blanch for about 1 minute, before removing and shocking under cool water. Set aside.

4. Once the pasta is cooked drain the pasta and the beans, but keep ¼ cup of the liquid. Heat up the pan used to cook the morels, and add the pasta, beans, and ¼ cup of cooking broth, tossing until most of the liquid has evaporated and all of the noodles are lightly coated. Serve the pasta and beans with the blanched herbs and morel mushrooms on top.

