

Weeknight Vegan Artichoke Pasta Recipe

Ingredients

- 1 lb. pasta (best with something with tubes or ridges, that can hold a thick and chunky sauce)
- ¼ cup olive oil
- 1 medium-sized onion
- 8 oz. mushrooms (any type or types you like)
- 3 cloves garlic
- 1 14 oz. can artichoke hearts
- 3 tbsp. all-purpose flour
- ¼ cup nutritional yeast
- 2 cups unsweetened, unflavored plant-based milk
- ½ lemon, juice only
- ¼-½ cup parsley, finely chopped
- Salt and pepper, to taste

Steps

1. Bring a salted pot of water to a boil, and cook your pasta as instructed on the packaging. Dice your onion, dice the mushroom, and mince the garlic. Drain and rinse the artichoke hearts, and chop into small pieces.
2. Heat the olive oil in a large skillet. Add the onions and mushrooms, and sauté until the onions are translucent. Add the garlic, and sauté for another couple minutes before adding in the flour. Let the flour cook for a couple minutes, stirring so it doesn't burn. Add the artichoke hearts, nutritional yeast, and plant-based milk. Bring the sauce to a simmer, stirring occasionally to avoid the bottom burning. Cook until the sauce has thickened and the pasta is done.
3. Once cooked, drain the pasta. Add to the sauce, and stir to combine. Turn the heat off, and add the lemon juice, parsley, and salt and pepper to taste. Serve and enjoy!

