



# Fettuccine Alfredo

Serves: 6 servings

Active time: 35 min

Total time: 35 min

## Ingredients

3 cups chopped mushrooms  
1 white onion, chopped  
3 Tbsp vegetable broth  
3 cloves garlic, minced  
1 Tbsp tamari/soy sauce  
2 heaping cups cauliflower florets  
2 ½ cups unsweetened nondairy milk  
½ cup raw cashews, soaked for 4-8 hrs, rinsed, drained  
3 Tbsp nutritional yeast flakes  
2 Tbsp cornstarch  
¼ cup chopped fresh basil or parsley, lightly packed  
Ground black pepper



## Directions

- Put the mushrooms, onion, wine, garlic, and tamari in a large skillet and cook over medium-high heat, stirring frequently, until the vegetables are tender and slightly browned and the liquid has evaporated, 5-10 minutes.
- Steam the cauliflower until tender, 5-7 minutes. Transfer to a high-speed blender. Add the milk, cashews, nutritional yeast, and cornstarch and process on high until smooth. Pour into the skillet with the mushrooms. Cook over medium heat, stirring frequently, until the mixture begins to thicken, about 5 minutes. Stir in the basil and salt. Season with black pepper to taste.

For a complete meal, serve it with a Caesar Salad and Tofu croutons for extra protein. Variations could be adding other vegetables, such as spinach, asparagus or peas.