

Vegan White Bean and Mushroom Garlic Alfredo

This is a garlicky vegan white bean and mushroom alfredo with my amazingly creamy alfredo sauce and garlicky sautéed spinach. 30 minutes, 1-pan, soy-free with gluten-free and nut-free options



Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Main, Main Course Cuisine: Italian

★★★★★
4.99 from 50 votes

Keyword: vegan cashew alfredo sauce, vegan garlic alfredo, vegan mushroom alfredo, vegan white bean alfredo

Servings: 3 Author: Vegan Richa

Equipment

- [blender](#)

Ingredients

For The Garlic Spinach and Mushrooms

- 2 teaspoons oil
- 4 cloves garlic minced
- 80 g chopped onion
- 0.25 teaspoon salt
- 170.1 g frozen spinach thawed
- 0.25 teaspoon pepper flakes
- 113.4 g thinly sliced mushrooms such as cremini, white or portobello
- 2 teaspoons balsamic vinegar
- 0.25 teaspoon salt
- 118.29 ml water or non-dairy milk, or more if needed
- 425.24 g can white beans or great northern beans or cannellini beans, drained or 1.5 cups cooked

For The cashew Alfredo Sauce

- 43 g raw cashews soaked for at least 15 minutes in hot water
- 236.59 ml non-dairy milk or water
- 1 teaspoon Italian herb blend
- 2 teaspoons miso
- 1 teaspoon all-purpose flour or use a gluten-free blend for gluten-free

For Garnish

- vegan parmesan, pepper flakes

Instructions

Cook the garlic and spinach.

1. Heat the oil in a large skillet over medium heat. Once the oil is hot, add the garlic, reduce the heat to medium-low, and cook until the garlic is starting to turn golden on most of the edges.
2. Then, mix in the onion and the salt. Increase the heat back to medium, and cook until the onion is translucent. Add splashes of water in between to help the onions cook evenly. 3 mins
3. Now, add in the spinach and pepper flakes and mix in. Cover with the lid and continue to cook for 2 to 3 minutes. If there are some frozen spinach pieces, continue to cook for another 2 to 3

minutes, or until the spinach is cooked through, adding a splash of water if needed. (If using fresh spinach, cook until wilted)

4. Remove half of this garlic spinach mixture and set aside.
5. Next, add the mushrooms, balsamic vinegar, and salt. Mix in, then cover and continue to cook until the mushrooms are almost cooked through. Meanwhile blend the sauce.
6. Blend the drained cashews with the rest of the alfredo sauce ingredients, blending until smooth. I usually blend it for a minute, then let it sit for 3 to 4 minutes, and then blend again for a minute and repeat this 2 to 3 times until the cashews are blended in completely.

Finish the alfredo.

1. Then add the cashew mixture to the skillet when the mushrooms are almost done, and mix well.
2. Use the half cup of water to rinse out the blender, and add that to the skillet and mix in, then mix in the beans and bring to a boil.
3. Taste and adjust the salt and flavor, then cover the pan and continue cooking for another minute. (You can also adjust the consistency by adding less or more water, based on how creamy or thick you want the mixture. The cashew mixture will thicken quite a bit as it sits, so if you don't want it to thicken too much, don't cook for too long.)
4. Once done, open the lid, then add the reserved spinach all over the beans, add some vegan parmesan and pepper flakes and serve with some toasted bread, garlic bread, sourdough or flatbread . You can also serve it over pasta or roasted cauliflower steak.
5. **Storage:** store refrigerated for upto 3 days. Freeze for upto 2 months.

Notes

Higher protein and fiber: serve over high protein pasta or with whole grain bread/pita bread, use silken tofu or a mix of tofu and hemp seeds for the cream. With 2 slices whole grain bread, protein will jump by 7-8 grams and fiber by 6 gm.

Nutfree, blend about 1/2 cup of silken tofu or vegan cream cheese with the non-dairy milk and the rest of the ingredients and use. Or use half hemp seeds and half sunflower seeds instead of the cashews.

Gluten-free: use gluten-free flour in the sauce mixture.

Soy-free: use soy-free non-dairy milk. Use chickpea miso or omit miso

spinach: you can use fresh chopped spinach or other baby greens. Cook until wilted and proceed.

Nutrition

Calories: 333kcal | Carbohydrates: 45g | Protein: 18g | Fat: 11g | Saturated Fat: 2g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 6g | Sodium: 687mg | Potassium: 1134mg | Fiber: 11g | Sugar: 4g | Vitamin A: 6714IU | Vitamin C: 7mg | Calcium: 312mg | Iron: 7mg