

Enjoy the taste of a deliciously creamy vegan mushroom sauce. Instead of butter and cream, this dairy-free recipe uses vegan margarine and soy milk, and it's easy to make from scratch. Fresh chopped parsley, garlic, and a touch of freshly cracked black pepper give it an Italian-inspired flavor that's perfect for fettuccine or linguine pasta. You can also pour it over egg noodles, baked potatoes, or any type of mock meat, including tofu steaks.

Make this sauce with any variety of mushrooms you like. Try button, oyster, portobello, or shiitake mushrooms, or create a custom combination of mushrooms. There are also many ways you can adapt it for other meals. For instance, you can skip the mushrooms for a dairy-free white sauce (béchamel), switch out the herbs, or add veggies.

Ingredients

* 2 tablespoons vegan margarine, divided
* 8 to 12 ounces mushrooms, sliced
* 1 clove garlic, minced
* 1 tablespoon all-purpose flour
* 1 1/4 cups unsweetened soy milk
* 1 tablespoon finely chopped fresh parsley,

more for garnish

* 1 to 1 1/2 tablespoons freshly squeezed lemon juice
* Kosher salt, to taste
* Freshly ground black pepper, to taste
* 10 ounces pasta, cooked according to package directions

Gather the ingredients.

Melt 1 tablespoon of the vegan margarine in a saucepan over medium heat. Add the mushrooms and garlic and sauté until soft, about 4 to 5 minutes. Remove the mushrooms and garlic from the pan and set aside.

Again over medium heat, melt the second tablespoon of vegan margarine. Stir in the flour to form a paste and allow to cook for about 1 minute.

Gradually stir in the soy milk and whisk the mixture together until it's smooth and a thick paste.

Add the mushrooms, fresh parsley, lemon juice, salt, and pepper. Cook for 1 to 2 minutes, or until thick.

Pour the fresh mushroom cream sauce over warm cooked pasta or noodles. Garnish with fresh chopped parsley (if desired). Serve immediately and enjoy.

How to Thicken Mushroom Sauce

When finishing the sauce, there are a couple of things you can do if it doesn't get as thick as you like. The first step is to simply turn up the heat. Stir it regularly and watch it so the sauce doesn't scorch. You can also stir in a bit more flour—a tablespoon should do—to get it to thicken up. Alternatively, make a cornstarch slurry by mixing 1 tablespoon of cornstarch with a little cool water, then stir it into the sauce.