



# Easy Mushroom Spaghetti

By Kathleen Henry @ Produce On Parade

Serves 6

This is a quick, delicious, and hearty spaghetti chock full of meaty mushrooms. The best part is this meal is ready before the pasta is even done cooking; a perfect weekday dish that's healthy and vegan!

## Ingredients

- 1 lb dry spaghetti
- ¼ cup olive oil
- ½ large yellow onion, diced
- 3 large garlic cloves, minced
- 1 lb fresh cremini mushrooms, quartered
- 2 tbsp tomato paste
- ½ tsp chili powder
- ½ tsp paprika
- 1 15 oz can of tomato sauce
- 1 15 oz can of diced tomatoes, undrained
- 2 tbsp soy sauce
- 2 tbsp vegan brown sugar
- 1 tbsp dried basil
- 1 tbsp dried Italian herb seasoning
- 1 tsp liquid smoke
- dash of chili flakes, to taste
- ⅓ cup chiffonade fresh basil (optional)

## Instructions

1. Bring a large pot of salted water to boil for the pasta, cook according to package until al dente.
2. Meanwhile, heat the olive oil over medium heat in a large pot. Add the onion and garlic; saute for about 3 minutes until the onions are translucent and tender. Add the mushrooms and continue to cook for about 8 minutes, until the mushrooms darken and lose their water. Stir in the tomato paste, chili powder, and paprika; saute an additional 5 minutes.
3. Stir in the remaining ingredients except the fresh basil. Bring to a boil over medium-heat then reduce to a simmer; cook for about 5 minutes uncovered.
4. Stir in the fresh basil and remove from heat. Serve hot over cooked pasta or stir in the pasta all at once into the sauce.