

Vegetarian Mushroom spaghetti Pasta

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It's no surprise that vegetarian mushroom spaghetti pasta is a favorite on dinner tables—it's easy to prepare, incredibly versatile, affordable, and full of rich, savory flavor.

This recipe calls for ingredients you probably already have on hand, butter, garlic, cream, mushrooms which together create a creamy, saucy Italian flavored dinner. You won't miss the meat, but if you do you can roast some chicken or fish and toss it in with the sauce just to heat through. The best part it can be on your table in less than 30 minutes.

Beyond its taste, this dish offers real nutritional value. Pasta is packed with complex carbohydrates that provide long-lasting energy, along with a solid amount of protein. It's also naturally low in fat.





Things to Know About This Vegetarian Mushroom spaghetti pasta Recipe

This vegetarian mushroom spaghetti pasta recipe is a favorite for many reasons—it's quick to prepare, incredibly versatile, budget-friendly, and full of rich, umami flavor thanks to the mushrooms.

Not only is it delicious, but it also offers great nutritional value. Pasta is a good source of complex carbohydrates for sustained energy, provides plant-based protein, and is naturally low in fat.

If you're watching your cholesterol or sodium intake, this recipe is a smart choice. Pasta is naturally cholesterol-free and low in sodium, while mushrooms add fiber, antioxidants, and important nutrients—all without adding extra fat or calories.

Whether you're vegetarian or simply looking for a satisfying meatless meal, this mushroom pasta delivers on flavor, nutrition, and simplicity.

This pasta recipe is quick enough for busy weeknight family meals, but feels special enough for Saturday night dinner with friends. It's a perfect way to show off what a great "home chef" you are.

This recipe was inspired by my love of pasta, one of my top restaurant' luxury' meals, I simplified the recipe for the"

home chef”.

If am going to add chicken or fish I use my toaster oven, so I don't have to heat up my large oven

I don't drink alcohol, so I give you options in all my recipes to use wine or stock, use whatever fits your lifestyle and taste.

When cooking pasta salt the water before bringing the water to a boil. The water should be boiling rapidly before dropping the pasta.

I used bucatini a long hollow noodle, you can use any shape pasta or flavor pasta you like.



.If you love easy and delicious mushroom pasta recipes try my Mushroom pasta alla Norcina

If you make this recipe let me know your experience, comments, feedback whatever you feel like talking about. That's my favorite part and don't forget to tag me on Instagram.....

▪ **INGREDIENTS**

- 1/2 spaghetti pasta
- 8 oz. sliced mushrooms
- 1 small onion, chopped
- 1 tablespoons minced garlic
- 1 cup heavy whipping cream
- 1 cup chicken stock or dry white wine
- 1 cup reserved pasta water
- 1 cup grated Parmesan cheese
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 tablespoon each chopped fresh Italian parsley, and basil
- Salt and freshly ground black pepper, to taste
- Additional Parmesan and parsley for garnish

Instructions

1. Bring a large pot of salted water to a boil. Cook the pasta according to package directions until al dente. Reserve 2 cups of pasta water before draining.
 2. In a large sauté pan, heat the olive oil and butter over medium heat. Add the chopped onion and garlic, cooking until soft and translucent.
 3. Add the sliced mushrooms to the pan. Sauté until golden brown and most of the moisture has evaporated, about 10 minutes. Season with salt and pepper.
 4. Pour in the chicken stock or white wine to deglaze the pan, scraping up any browned bits. Let it simmer for 2 minutes.
 5. Stir in the heavy cream and reserved pasta water. Simmer the sauce gently until it thickens, about 10 minutes.
 6. Stir in the Parmesan cheese and fresh herbs. Simmer for 5 more minutes. Taste and adjust seasoning with salt and pepper.
 7. Add the drained bucatini to the pan and toss well to coat in the creamy mushroom sauce.
 8. Plate the pasta and top with extra Parmesan and chopped parsley. Serve immediately. ENJOY!!!
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