

Pasta with Mushroom Cream Sauce

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Adapted from My Prairie Cookbook

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:628e476ba7c00a07e03cd352>

- 1 ounce dried porcini mushrooms
- 1 Tbsp olive oil
- 1 pound cremini mushrooms (chopped)
- 8 ounces portobello mushrooms (stemmed and gills scraped off, chopped)
- 2 cloves garlic (minced)
- 1 bay leaf
- 1/3 cup red wine
- salt and pepper to taste
- 12 ounces whole wheat penne pasta
- 1 cup beef broth
- 1/4 cup fat free half and half
- 2 1/2 ounces Parmesan cheese, freshly grated
- 1 Tbsp butter

1. Put the porcini mushrooms in a small bowl and pour hot water over them. Let them stand until the mushrooms

soften, about 25 minutes. Using a slotted spoon, transfer the mushrooms to a work surface and coarsely chop. Discard the soaking liquid.

2. Heat the oil in a large heavy pot over medium-high heat. Add the chopped porcini, the cremini and portobello mushrooms, garlic and bay leaf. Sauté until the mushrooms are brown and tender, stirring often, about 10 minutes. Add the wine and simmer until almost all the liquid evaporates, scraping up any browned bits, about 1 minute. Season the mushroom mixture to taste with salt and pepper. Remove from heat.
3. Cook the pasta in a large pot of boiling salted water. Drain well
4. Stir the broth and cream into the mushroom mixture and put it back on the stove over medium heat and simmer for 3 minutes. Add the Parmesan, butter, and pasta; toss to coat. Cook, stirring frequently, about 2 minutes. Discard the bay leaf and season to taste with salt and pepper. Serve hot with additional Parmesan if desired.

Main Course

Meatless, pasta

mushrooms, pasta