



20 min



Serves 2

# FRESH

## MUSHROOM ALFREDO PASTA

### Ingredients:

75 g of uncooked pasta (1 cup of cooked pasta)  
2 tbsp olive oil  
1 tbsp butter  
1 small onion, chopped  
1-2 cloves garlic, minced  
1 can of mushroom soup  
2 tbsp- $\frac{1}{4}$  cup of grated Parmesan  
 $\frac{1}{2}$  cup of milk, water, or chicken broth  
 $\frac{1}{2}$  tsp black pepper,  
Pinch of salt  
 $\frac{1}{2}$  cup of frozen broccoli

### Directions:

1. Boil a large pot of water and follow the pasta cooking instructions for 2 servings. During the last four minutes of cooking the pasta, add the frozen broccoli florets to cook in the water with the pasta.
2. Drain the pasta and broccoli.
3. In a separate, large frying pan (~10" wide), heat oil and butter on medium-low heat. Add onions and cook until translucent, add garlic, and cook for another 2-3 minutes.

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4. Add in the condensed soup, milk (or other liquid), cheese, any extra vegetables and spices into the skillet, stirring occasionally until the sauce is well combined.

5. Add your drained pasta and broccoli florets, continue mixing as it simmers; let it cook down to a thick Alfredo and coat the noodles well with the sauce. If you're not cooking the broccoli with the pasta, defrost your florets and add them to the sauce with any other vegetables you choose to add in, let them simmer for about 5 minutes. Top with additional Parmesan cheese.



## CONTACT US

Website: [freshu.ca](http://freshu.ca)

Facebook: [/freshatwestern](https://www.facebook.com/freshatwestern)

Instagram: [@freshwestern](https://www.instagram.com/freshwestern)

Youtube: [@freshwestern](https://www.youtube.com/freshwestern)

Email: [fresh@uwo.ca](mailto:fresh@uwo.ca)

## Notes

Optional add-ins:

- 1 cup of fresh mushroom
- Sausage, firm tofu, leftover chicken or pork
- ½ tsp - 1 tsp Italian seasoning or thyme
- 2-4 cloves or ¼ tsp garlic powder



**Brrescia**  
UNIVERSITY COLLEGE  
Food and Nutritional Sciences