



## Katies Creamy Bechamel Mushroom Pasta

### What You Need

4 Tbsp. butter (unsalted)\*  
5 Tbsp. all-purpose flour  
4 Cups milk \*

½ cup pasta water

½ tsp. salt

½ tsp white pepper

*¼ tsp nutmeg (optional)*

*¼ tsp. crushed red pepper flakes (optional)*

8-10 oz sliced mushrooms (canned or fresh)

1 clove garlic crushed

1tsp. garlic powder

Whisk

Medium Saucepan

Slotted spoon

Thick noodles linguini, penne, bow ties, etc. (pre-cooked)

**Before You Start** - Prepare noodles using package directions, before draining reserve ½ cup of pasta water. and set aside.

**Let's Make It!** In a saucepan over medium heat melt butter and sauté garlic and mushrooms until soft (about 3-5 minutes) remove mushrooms using a slotted spoon and set aside.

Add milk, pasta water, salt, pepper and garlic powder and whisk to combine, slowly add flour and whisk vigorously to avoid lumps. Note-if it's too thick add a bit more milk. When it's smooth and creamy return mushrooms to the sauce and continue cooking on low heat stirring occasionally to avoid lumps. Add pasta to saucepan, stir well to combine. Continue cooking until hot. Serve immediately, the sauce will thicken if it is allowed to cool. You can add more milk if needed.

**\*Katie's Tidbits-** if you have dietary restrictions, please use a dairy substitute, nut milk works well in this recipe for the milk, a dairy free butter or margarine. If you use margarine, you will need 5 Tbsps. instead of 4. Try adding some leftover or rotisserie chicken to this recipe, it's a great way to use leftovers too.

Serves 4

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