

# Spinach Mushroom Beans (1-pan, 30 minutes)

Prep: 10 minutes • Cook: 20 minutes

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*A cozy, creamy Cajun-spiced white bean and spinach stew crowned with browned mushrooms—hearty, savory, and ready in 30 minutes, all in one pan.*

## Ingredients

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- 1 teaspoon oil (for sautéing mushrooms)
- 6–8 ounces mushrooms (thinly sliced (white, baby portobello, or variety of choice))
- 1/8 teaspoon salt (for mushrooms, as needed)
- 1/4 teaspoon dried oregano (for mushrooms, as needed)
- 1/4 teaspoon red pepper flakes (for mushrooms, as needed)
- 2 teaspoons oil (divided, for beans)
- 1 cup onion (chopped (red or white))
- 2 cloves garlic (minced)
- 1–2 teaspoons Cajun seasoning
- 1 tablespoon all-purpose flour (or gluten-free flour or cornstarch)
- 1/2 teaspoon salt (divided, for beans)
- 1 1/2 cups water or stock
- 6 ounces frozen spinach (thawed)
- 2–3 tablespoons vegan cream cheese (or cashew cream, non-dairy yogurt, or vegan sour cream)
- 1/4 cup vegan Parmesan
- 15-ounce can white beans (drained and rinsed (or 1 1/2 cups cooked))
- to taste red pepper flakes (for garnish)
- to taste lemon juice (for garnish)
- reserved browned mushrooms (for garnish)
- to taste vegan Parmesan (for garnish)

## Instructions

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1. Heat a large skillet over medium-high heat. Add 1 teaspoon oil and the sliced mushrooms. Cook 3 to 4 minutes, stirring occasionally, then season with pinches of salt, oregano, and red pepper flakes. Continue cooking until edges brown. If thickly sliced, cover 2 to 3 minutes to speed cooking, then uncover to brown.
2. Remove mushrooms from the skillet and set aside.
3. Add 1 to 2 teaspoons oil to the same skillet. Once hot, add onion, garlic, and 1/4 teaspoon salt. Cook until onion is golden, 3 to 5 minutes.

4. Stir in Cajun seasoning, flour, and remaining 1/4 teaspoon salt. Cook 1 minute.
5. Gradually whisk in half the water (or stock), stirring to smooth out the flour. Add remaining water and vegan cream cheese; press and stir until smooth.
6. Add spinach, vegan Parmesan, and white beans. Stir to combine, spread evenly, reduce heat to medium, cover, and simmer 6 to 8 minutes.
7. Taste and adjust salt, spice, and consistency. Thin with more broth if too thick, or cook a bit longer if too thin. Fold in half of the browned mushrooms.
8. Garnish with red pepper flakes, the reserved browned mushrooms, lemon juice, and more vegan Parmesan if desired. Serve hot with toasted sourdough, garlic bread, pita, naan, or over mashed potatoes, roasted veggies, baked potato, rice/grains, or pasta.

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**Tags: One Pot, Vegan, Cajun, Beans, Mushroom, 30 Minutes**

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