

Trader Joe's Vegan One-Pot Hamburger Helper with Mushrooms & Zucchini

Prep: 10 minutes • Cook: 30 minutes

A cozy, creamy, plant-based pasta loaded with mushrooms and garden-fresh zucchini, capturing nostalgic Hamburger Helper comfort in a vegan, weeknight-friendly one pot.

Ingredients

- 2 tablespoons olive oil or avocado oil
- 8 oz mushrooms (sliced)
- 2 small (about 2 cups) zucchini (halved lengthwise and sliced into half-moons)
- 2 shallots (finely diced)
- 4 cloves garlic (minced)
- 8 oz Trader Joe's Black Pepper Barilotti pasta
- 12 oz Impossible™ Beef
- 1 (14 oz) can diced tomatoes
- 3 cups vegetable stock
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/2 teaspoon chili flakes (optional)
- 1 teaspoon coconut sugar
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper (freshly cracked)
- 1 cup vegan cheese (shredded)
- to taste fresh parsley or basil (optional, for garnish)

Instructions

1. Sauté the mushrooms: In a large pot, warm a drizzle of olive oil over medium-high heat. Add mushrooms and cook until golden brown and slightly crispy on the edges.
2. Add aromatics: Stir in the shallots and garlic and cook until fragrant and softened.
3. Fold in the zucchini: Add zucchini and cook until it just begins to soften.
4. Brown the Impossible Beef: Push the veggies to one side and add Impossible Beef. Break it apart with a wooden spoon and cook until lightly browned, scraping the bottom of the pan.

5. Add tomatoes and seasonings: Stir in the diced tomatoes, coconut sugar, smoked paprika, oregano, thyme, chili flakes (if using), salt, and black pepper. Simmer a few minutes to meld flavors.
6. Add pasta and stock: Pour in the vegetable stock and pasta, stir well to submerge the noodles, then cover and cook, stirring occasionally, until pasta is al dente.
7. Finish with vegan cheese: Once the pasta is tender and the sauce has thickened, stir in the shredded vegan cheese until creamy. Taste and adjust seasoning; garnish with parsley or basil if desired.

Tags: Vegan, One Pot, Pasta, Comfort Food, American, Mushrooms

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