



Makes 8 tartines
Preparation Time: 25 minutes
Cook Time: 5 minutes

INGREDIENTS:

1 8-oz. pkg. sliced fresh button or cremini mushrooms

1 onion, thinly sliced (1 cup)

¼ teaspoon dried thyme, crushed

1 15-oz. can Great Northern beans, rinsed and drained (1½ cups cooked)

2 tablespoons Dijon-style or English mustard

2 tablespoons nutritional yeast

2 tablespoons cashew butter or almond butter

Sea salt and freshly ground black pepper, to taste

4 sprouted whole grain English muffins, split and toasted

Paprika

Chopped fresh parsley

Vegan Welsh Rarebit with Mushrooms

The classic, cheesy open-face sandwich from Wales gets a hearty plant-based makeover using beans and mushrooms for a base. The vegan rarebit topping can be prepared up to three days ahead so it's ready to top toasted muffins. Serve it for a light dinner or a cozy brunch, or slice for a tasty holiday or game-day appetizer.

By Mary Margaret Chappell

- 1** In a large skillet combine mushrooms, onion, thyme, and 1 cup water. Cover and bring to a simmer over medium. Simmer 10 minutes or until mushrooms and onion slices are tender. Uncover and cook 1 to 2 minutes more or until most of the liquid has evaporated.
- 2** Meanwhile, in a blender combine the next four ingredients (through nut butter) and ½ cup hot water. Cover and blend to a smooth sauce.
- 3** Stir sauce into mushroom mixture. Simmer 1 to 2 minutes or until thickened. Season with salt and pepper.
- 4** Preheat broiler. To assemble, place toasted English muffins on a baking sheet. Top with mushroom mixture. Broil 4 to 5 inches from heat 4 to 5 minutes or until lightly browned on top. Sprinkle with paprika and parsley.