HEALTHY TIPS

Vegan Deliciousness: Mushroom Stroganoff Recipe

By bestfolkmedicine · 05/02/2019 · 2 min read



This vegan stroganoff recipe with mushrooms is a yummy and healthy comfort food which you can prepare within 30 minutes. It goes perfectly with cracking fire indoors and watching the snow fall outside the windows.

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You will love it for lunch or for dinner with friends and family. Or, you can prepare it for yourself when you are in need of some tasty and healthy food after a long day.

If you are feeling nostalgic for some old-school beef stroganoff, but you have gone vegan or vegetarian, this is the perfect recipe version for you. Plus, this recipe is free of dairy, so it is also suitable for those who follow a dairy-free diet or are lactose intolerant. Come on; let us check out the recipe together below!

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Mushroom Stroganoff Recipe

For 4 to 6 servings, you will need the following ingredients:

Ribbon noodles, 8 ounces

Olive oil, a tbsp

One yellow onion, chopped

Whole wheat flour, 3 tbsp

Veggie broth, 2 cups

Soy sauce, 1 tbsp

Lemon juice, 1 tsp

Tomato paste, 1 tsp

Half white button and half Portobello mushrooms, 1 ½ pounds, chopped in larger chunks

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Dried thyme, ½ tsp

Dried sage, ½ tsp

Salt, ½ tsp

White wine vinegar, a tbsp

Vegan sour cream, ¼ cup (optional)

Black pepper to taste

Parsley, ¼ cup, minced

Preparation: First, cook the noodles according to the instructions. Make sure you undercook them slightly as you will cook them once more in the sauce and you do not want to make them mushy. Then, drain them and leave them aside.

Next, in a saucepan, add the oil and onions and sauté them for 3 minutes on medium heat. Now, add the flour and cook for additional 30 seconds. Mix everything together and begin to gradually add the soy sauce, lemon juice, and tomato sauce.

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Stir all the time and once the mixture becomes bubbly and thick, add the mushrooms, salt, sage, and thyme. Stir the content and cook for 5 minutes. Once the mushrooms have reduced in size, add the vinegar. Simmer for 4 more minutes.

Now, you need to add the noodles, a tbsp of flour, black pepper, parsley, and sour cream. Lower the heat and cook for 5 more minutes. Serve with parsley on top. Enjoy!

Extra tip:

Want to make this mushroom stroganoff gluten-free? No worries- use gluten-free noodles, gluten-free soy sauce, and rice flour instead of whole-wheat flour.

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Sources:

ONE GREEN PLANET

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