

Mushroom Stroganoff

Serves 6

This version has some kick due to the cayenne pepper. I serve it over pasta for a vegetarian dish or with the turkey meatballs and pasta. I use vegetarian concentrate instead of beef so that it can be served as a vegetarian dish. I also darken this dish with a tablespoon of mushroom soy sauce. Mushroom flavored soy sauce is one of my "secret" ingredients that I use whenever I want a sauce to look dark and rich. You can get it at oriental grocery stores. Serve with pasta, brown rice, or orzo.



Ingredients

- 2 cups (8 oz.) Button mushrooms
- 2 cups (8 oz.) Baby Bella mushrooms
- 2 Tbsp. vegetable oil, divided
- 1 cup diced onion
- 1/2 tsp. smoked paprika
- 1/8 tsp. cayenne pepper
- 1/4 cup dry white wine
- 2 Tbsp. all-purpose flour
- 2 tsp. low sodium Better-than-Bullion vegetable broth concentrate
- 1/2 lemon-juice (1 Tbsp.)
- 1 Tbsp. stone-ground mustard
- 1/4 cup sour cream

- 1 Tbsp. mushroom soy sauce
- 1 Tbsp. chopped fresh dill (1 tsp. dry dill)

Equipment

- Large pot for boiling pasta
- Large fry pan

Mushroom Stroganoff:

☑	Directions	Time (min)	
	Thaw meatballs, if necessary		
	Heat two cups of water to boiling		
	Wipe any dirt from exterior of mushrooms	2	6
	Slice 8 oz. white and 8 oz. Baby Bella mushrooms and set aside	2	
	Mince 1 cup of onion and set aside	2	
	Mix 2 tsp. vegetable concentrate with 2 cups hot water	1	
	Add 1 Tbsp. oil to pan and heat, sauté mushrooms until browned	5	
	Transfer mushrooms to a large bowl	1	
	Add 1 Tbsp. oil to pan and heat, sauté onions, with 1/2 tsp. paprika, and 1/8 tsp. cayenne pepper	5	
	Deglaze pan with 1/4 cup white wine	1	
	Simmer until liquid is almost evaporated	3	
	Heat a pot of water and cook pasta		
	Sprinkle 2 Tbsp. flour over onions and stir	1	10
	Stir in vegetable broth with whisk. Add 1 Tbsp. lemon juice and 1 Tbsp. stone-ground mustard. Simmer until thick	5	
	Into the broth, stir in mushrooms, 1/4 cup sour cream, 1 tsp. fresh dill, 1 Tbsp. mushroom soy, and (optional) meatballs	3	
	Reduce heat to low, cover to keep warm	1	
	Total	30	