

# Vegan Mushroom Stroganoff

SERVINGS  
4

PREP TIME  
5 MIN

COOK TIME  
30 MIN

TOTAL TIME  
35 MIN

AMAZING RECIPE, and those words don't do it justice. Plant based and non-pb alike will love the subtle mushrooms and full body flavor in the creaminess of the stroganoff.



**ORGANIZING**  
a Plant Based Life.com

## Ingredients

## Directions

1

- Olive Oil
- 1 Medium Onion
- 12 oz Mushrooms (Baby Bella or White - See Note →)

- Drizzle olive oil in large skillet and heat.
- Dice onion and add to hot pan.
- Slice mushroom, add to pan, and mix well.
- ☼ *We like to use Baby Bella mushrooms in this section and white mushrooms in Step 5 (below), but there is no right or wrong. Tip: Buy pre-sliced to save time!*

2

- 1 tsp Dried Thyme
- 1 tsp Paprika
- 1 tsp Dried Sage
- 1 T Soy Sauce
- 1 T v-Worcestershire

- Add all seasonings to pan and mix well.
- Cook entire mixture down until the moisture is removed, about 8-10 minutes, stirring occasionally.

3

- v-Pappardelle Noodles OR Thick Noodle of Choice (V)
- 1 Package of Favorite Plant Based Sausage (*our favorite is Tofurky Plant Based Original Sausage Italian*)

- WHILE MUSHROOMS ARE COOKING:**  
**SEPARATELY COOK NOODLES** (*and keep separate so they don't get mushy*)  
 ■ Prepare noodles of choice separately, according to package directions.  
**AND SEPARATELY COOK PLANT BASED SAUSAGE**  
 ■ Prepare preferred v-sausage according to package instructions.

4

- 12 oz ADDITIONAL Mushrooms

- Slice additional mushrooms and add to mushroom mixture.
- Cook mixture down about 5 minutes, stirring often.

5

- 1 Can Whole Coconut Milk (Unsweetened)
- 1 T Lemon Juice
- 1 T Apple Cider Vinegar
- 1 T Dijon Mustard
- Salt & Pepper to Taste

- Add coconut milk, lemon juice, vinegar, mustard, & salt & pepper to mixture.
- Stir well and bring to a high simmer, mix well, and reduce heat to a low simmer for about 5 minutes.
- Taste and adjust seasoning as desired.

6

- 2 T Cornstarch
- 2 T Water

- Combine cornstarch and cold water in small bowl and mix well.
- Add to mixture above & continue to heat through to slightly thicken sauce.

### TO SERVE:

- Top noodles with mushroom mixture and add v-sausage.
- Salt & Pepper to taste.