



Blender Girl

Vegan Mushroom Stroganoff

(can be found at <https://www.theblendergirl.com/recipe/mushroom-stroganoff/>)

I'm not vegan, so please don't let the recipe title scare you or put you off in anyway if you're a carnivore. This beats any traditional stroganoff recipe I've ever made. I tweaked this recipe a bit to fit my taste. Like I said, I'm not vegan, so I used chicken broth. If you are vegan, use vegetable broth. This recipe is enough for a family of four. Serve it over noodles, meatballs, grilled chicken, or even biscuits like I talk about in my blog post at www.sparkleallover.com

Ingredients

- 12 oz pasta of choice. I love chickpea pasta or quinoa pasta
- ¼ cup extra virgin olive oil
- 1 cup diced yellow onion
- 1 Tablespoon minced garlic
- 6 cups sliced mushrooms of choice. I love using baby bellas and shiitakes
- 2 cups vegetable broth (I use chicken)
- 1 cup raw, unsalted cashews, soaked and drained
- 3 Tablespoons tamari or liquid aminos
- 1 Tablespoon finely chopped fresh thyme (not dried)
- 1 teaspoon sea salt
- 1 teaspoon Dijon mustard
- 1 teaspoon balsamic vinegar
- 1 teaspoon fresh lemon juice
- ¼ teaspoon freshly ground black pepper
- ¼ cup finely chopped fresh flat-leaf parsley

Preparation

Cook the pasta according to the package instructions while making the stroganoff. In a large skillet over medium-high heat, warm 1 Tablespoon of extra virgin olive oil and saute the onion and garlic until soft and translucent, about 5 minutes. Add the remaining oil and mushrooms and saute for 5-10 minutes until the mushrooms are just softened. Remove from the heat and set aside. Pour the broth, cashews, tamari, thyme, salt, mustard, balsamic vinegar, lemon juice, and pepper into your blender and blast on high for 60 seconds, until smooth and creamy. Add about half of the cooked mushroom mixture and blend on low speed to break up the mushrooms slightly. You want a speckled, grainy consistency, not a puree. In a large saucepan over medium-low heat, pour in the blended cashew broth mushroom mixture into the cooked mushroom-onion mixture, and stir for a few minutes until heated through. Pour over

- 2 Tablespoons finely chopped chives
- cooked pasta and top with fresh parsley and chives.