



# Vegan Mushroom Stroganoff

## Ingredients:

- 2 tablespoons olive oil or vegan butter
- 1 large onion, finely chopped
- 3-4 garlic cloves, minced
- 500g (about 1 lb) mushrooms, sliced (a mix of cremini, button, and shiitake works well)
- 1 tablespoon soy sauce or tamari
- 1 teaspoon smoked paprika
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 cup vegetable broth
- 1/2 cup full-fat coconut milk or cashew cream
- 2 tablespoons nutritional yeast
- 1 tablespoon Dijon mustard
- Salt and pepper to taste
- 2 tablespoons cornstarch or flour (optional, for thickening)
- Fresh parsley, chopped (for garnish)
- 300g (about 10 oz) pasta or rice, cooked according to package instructions

## Instructions:

1. **Prepare the Base:** Heat olive oil or vegan butter in a large skillet over medium heat. Add the chopped onion and sauté for 5-7 minutes, until soft and translucent.
2. **Cook the Mushrooms:** Add the minced garlic and cook for another 1-2 minutes until fragrant. Then, add the sliced mushrooms and cook for about 8-10 minutes, stirring occasionally, until the mushrooms release their moisture and start to brown.
3. **Season the Dish:** Add the soy sauce (or tamari), smoked paprika, thyme, and oregano. Stir well to coat the mushrooms with the spices and cook for another 2 minutes.
4. **Create the Sauce:** Pour in the vegetable broth and bring the mixture to a simmer. Reduce the heat to low, and stir in the coconut milk (or cashew cream), nutritional yeast, and Dijon mustard. Simmer for 5-10 minutes, allowing the flavors to meld together.
5. **Thicken the Sauce (Optional):** For a thicker sauce, mix 2 tablespoons of cornstarch or flour with a small amount of water to create a slurry, then slowly stir it into the skillet. Cook for another 2-3 minutes until the sauce thickens to your desired consistency.
6. **Season and Serve:** Taste and adjust seasoning with salt and pepper as needed. Serve the mushroom stroganoff over your choice of cooked pasta or rice. Garnish with fresh chopped parsley.