

MUSHROOM STROGANOFF



INGREDIENTS

1 cup diced onion
12 ounces mushrooms (1/2 finely diced, 1/2 sliced)
1 Tbs. Earth Balance soy-free spread
1 box Quinoa shell pasta
2 Tbs. cornstarch + 2 Tbs water (make a slurry)
1 cup vegetable broth
1/4 cup white wine (optional)
1 cup So Delicious unsweetened coconut milk
3/4 tsp. salt
pepper to taste
1/3 cup So Delicious original creamer
2/3 cup Sour Supreme
Chopped cilantro and / or parsley for serving

Preheat the oven to 350 degrees.

After cleaning the mushrooms, place half of them in the food processor and process until finely diced. Slice the remaining half of the mushrooms.

Sauté the onions, mushrooms, and Earth Balance until the onions are translucent.

While sautéing the onion and mushroom mixture, boil the shells until they are very al dente. You do not want to cook the pasta too much or it will become soggy when you bake it. When the pasta is ready, drain it and pour it into a casserole dish.

Once the onions are translucent add the broth, So Delicious coconut milk, and wine to the onion and mushroom mixture. bring the mixture up to a low boil and add the cornstarch slurry along with the salt and pepper. Allow the mixture to thicken.

When the sauce has thickened, take it off of the heat and mix in the creamer and Soup Supreme. Pour the finished sauce over the noodles, mix to incorporate, and bake covered for 30-45 minutes until the noodles are soft and have absorbed a good amount of the sauce.

Serve topped with chopped parsley and / or cilantro.

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