

# Vegan Mushroom Stroganoff

A hearty and creamy vegan mushroom stroganoff made with a variety of mushrooms and a rich cashew cream sauce, enhanced with a touch of Pu-erh Poe tea for a deep, earthy flavor.

**PREP TIME:** 20 minutes

1 lb mixed mushrooms (such as cremini, shiitake, and portobello), sliced  
1 T olive oil  
1 lg onion, chopped  
3 cloves garlic, minced  
1/4 C dry white wine (optional)  
1/4 C Pu-erh Poe tea, brewed and cooled  
1 C vegetable broth

**COOK TIME:** 30 minutes

1 C cashew cream (blend 1 C soaked cashews with 1/2 C water until smooth)  
1 T soy sauce  
1 t Dijon mustard  
1 t smoked paprika  
Salt and pepper to taste  
Fresh parsley (for garnish)

**IN A LARGE SKILLET**, heat the olive oil over medium heat. Add the onion and garlic, and cook until softened.

**ADD THE MUSHROOMS** and cook until they release their moisture and begin to brown.

**DEGLAZE THE PAN** with white wine (if using) and brewed tea, scraping up any browned bits.

**STIR IN THE VEGETABLE BROTH**, cashew cream, soy sauce, Dijon mustard, smoked paprika, salt, and pepper.

**SIMMER FOR 10-15 MINUTES**, or until the sauce is thickened and the flavors are well combined.

**GARNISH WITH FRESH PARSLEY** before serving.

## Herbed Farro Salad

A light and nutritious side dish of herbed farro salad, perfect for pairing with the creamy mushroom stroganoff. Enhanced with a touch of Green Rooibos Bonita tea for a refreshing flavor.

**PREP TIME:** 10 minutes

1 C farro, rinsed  
2 C vegetable broth  
1/4 C Green Rooibos Bonita tea, brewed and cooled  
1 T olive oil  
1 T lemon juice

**COOK TIME:** 20 minutes

1 t lemon zest  
1/4 C chopped fresh parsley  
1/4 C chopped fresh dill  
1/4 C chopped fresh mint  
Salt and pepper to taste

**IN A MEDIUM SAUCEPAN**, bring the vegetable broth to a boil.

**STIR IN THE FARRO** and brewed tea. Reduce heat, cover, and simmer for 20 minutes, or until the farro is tender and the liquid is absorbed.

**FLUFF THE FARRO** with a fork and stir in the olive oil, lemon juice, lemon zest, parsley, dill, mint, salt, and pepper.

# Maple Glazed Brussels Sprouts

A sweet and savory side dish of maple glazed Brussels sprouts, perfect for complementing the creamy mushroom stroganoff. Enhanced with a touch of Honeybush Pumpkin Chai tea for a warm, spiced flavor.

**PREP TIME:** 10 minutes

1 lb Brussels sprouts, trimmed and halved  
2 T olive oil  
1/4 C maple syrup  
1/4 C Honeybush Pumpkin Chai tea, brewed

**COOK TIME:** 25 minutes

and cooled  
1/2 t ground cinnamon  
Salt and pepper to taste  
1/4 C chopped pecans, toasted

**PREHEAT THE OVEN** to 400°F.

**IN A LARGE BOWL**, toss the Brussels sprouts with olive oil, maple syrup, brewed tea, cinnamon, salt, and pepper.

**SPREAD THE SPROUTS** on a baking sheet in a single layer.

**ROAST FOR 20-25 MINUTES**, or until golden brown and crispy.

**SPRINKLE WITH TOASTED** pecans before serving.