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VEGAN FAUX BEEF STROGANOFF

SUBMITTED BY HOMER007 UPDATED: OCTOBER 29, 2017

"Since becoming a pescatarian, one thing I really missed was beef stroganoff. After researching some different recipes, I've come up with a version that I'm really happy with. I've been making this for 5 years, and each time I tweak a few things to make it my own."

ACTIVE TIME: 30 minutes **TOTAL TIME:** 45 minutes

INGREDIENTS

- 2 tablespoons Vegan butter (divided)
- 1 tablespoon Olive oil
- 2 Medium Vidalia onions, large dice
- 16 ounces Portabella mushroom caps, cleaned and stemmed, 1/2 inch dice.
- 24 ounces White button mushrooms, cleaned and stemmed, quartered.
- 2 teaspoons Minced or crushed garlic
- 4 cups Vegetable stock (low sodium preferable)
- 1/4 cup All-purpose flour
- 18 ounces Vegan beef substitute (I prefer Gardein Beefless Tips)
- 1 tablespoon Smoked paprika
- 2 tablespoons Brown mustard
- 2 tablespoons Vegan Worcestershire sauce
- 6 ounces Vegan sour cream
- 2 dashes Kosher salt (to taste)
- 2 dashes Black pepper (to taste)
- 16 ounces Fettuccine noodles

PREPARATION

1. Place 1 TB. of vegan butter and the olive oil in a large skillet over medium heat. When it melts and froths, add the onions (and some salt) and saute for 5-8 minutes until soft and translucent.
2. Add all the mushrooms, another dash of salt, and saute for another 5-6 minutes until mushrooms begin to give up some liquid. Add the garlic and cook for 2 more minutes.
3. Prepare the vegan beef according to package directions (I sauteed the Gardein Beefless Tips in 2 TB. of canola oil until heated through and browned). Once cooked, chop them into smaller pieces, if desired, and set aside.
4. Prepare vegetable stock according to package in the same pan you cooked the vegan beef in. (I brought 4 C. of water to a boil in a medium sauce pan, added 4 tsp. of stock base, and reduced it to a simmer over medium low heat for 2-3 minutes). Leave pan on warm.
5. Add 1/4 C. of all purpose flour to the onions, mushrooms, and garlic. Continue cooking over

medium heat for 3-4 minutes, stirring regularly, to distribute the flour.

6. Add vegetable stock to the onions, mushrooms, and garlic mixture. Bring it up to a boil, then reduce to a simmer over medium heat for 10 minutes, stirring frequently, and scraping the bottom of the pan so no flour sticks.

7. Bring a large pan of water to a brisk boil, add salt, and cook fettuccine noodles until they are al dente, approximately 10-12 minutes. Once cooked, drain well, and toss with the remaining tablespoon of butter to prevent them from sticking. Set aside.

8. Add the paprika, brown mustard, Worcestershire sauce, vegan sour cream, salt and pepper to the onion and mushrooms. Stir until well incorporated. Heat for 2-3 more minutes.

9. Add the vegan beef to the sauce. Stir to combine.

10. Add the fettuccine noodles to the sauce and remove the pan from the heat. Mix thoroughly. Use a ladle or two large spoons to distribute into 8 bowls or plates. Enjoy!