

# Mushroom Stroganoff

GLUTEN-FREE + VEGAN



Tested and Approved by [86lemons.com](http://86lemons.com)

<http://86lemons.com/mushroom-stroganoff>

## Original Recipe Source:

[Great Gluten-Free Vegan Eats by Allyson Kramer](#)

<http://amzn.to/XgADJQ>

**YIELDS:** 6 servings

### STEP 1:

Heat 1 Tbsp of the oil in a large skillet and add the onion, garlic (if using) and mushrooms. Cook over medium to high heat until the onions begin to brown and caramelize. Salt lightly. The mushrooms will produce a good deal of water as they cook. Continue cooking until almost all of the water has cooked out of them and the onions are translucent, about 10 minutes. Reduce the heat to low.

### STEP 2:

In a small heat-proof bowl, combine the boiling water and bouillon cubes, stirring to dissolve. Add to the mushroom mixture. (*86L: Instead, I added 1 cup of room-temperature regular vegetable broth.*) Add 1 cup of the coconut milk and let simmer for about 20 minutes, stirring occasionally.

### STEP 3:

Add the remaining  $\frac{3}{4}$  cup coconut milk, Worcestershire sauce and 1 tsp black pepper. Whisk together vigorously until very smooth, making sure there are no lumps of sorghum lingering in the sauce. Cook over medium-high heat, stirring continuously, until thickened, about 7 minutes. If needed, whisk in some or all of the remaining sorghum flour. Add salt to taste.

### STEP 4:

Cook the noodles in a large pot of salted, boiling water for about 5 minutes or following the package directions. Drain and rinse briefly under cold water. Return the noodles to the pot and toss with the remaining 3 Tbsp olive oil, a dash or two more black pepper, and a touch of salt to taste.

### STEP 5:

Combine the mushroom sauce with the noodles while both are still hot. Top with freshly ground black pepper and serve.

## INGREDIENTS:

- 1/4 cup olive oil, divided
- 1 Vidalia onion, chopped
- 1 garlic clove, minced (*an 86L addition - optional*)
- 20 oz sliced cremini or button mushrooms  
*(86L: I used baby bellas)*

Salt to taste

- 1 cup boiling water mixed with 2 beef-flavored bouillon cubes, or 1 cup concentrated vegetable broth
- 1 1/4 cups canned full-fat coconut milk, divided  
*(86L: Be sure to shake can well before opening.)*

- 1 Tbsp wheat-free vegan Worcestershire sauce (or wheat-free tamari)
- 1-3 Tbsp sorghum flour, divided
- 1 tsp black pepper, plus a dash or two
- 12 oz gluten-free pasta spirals  
*(86L: such as quinoa pasta or brown rice pasta)*