

Recipe Details

Recipe Name - "Beef" Stroganoff

Recipe Steps -

Ingredients

- 1 large onion
- 2+ Tbsp minced garlic
- 1 tsp garlic powder
- 1/2 to 3/4 cup water
- 2 cups plant milk
- 3 Tbsp mushroom soup base
- 1/4 cup white wine or sherry cooking wine
- 1/2 cup red lentils
- Black pepper to taste
- 2 Tbsp black truffle Vinegar (optional)
- 8 oz of Pasta of your choice

Instructions

- 1. Water saute onion, and season with pepper. Once the onion is soft add garlic, and stir for 30 seconds
- 2. Add garlic powder, water, plant milk, powdered soup base, wine, and truffle vinegar if using. Stir and bring to a boil
- 3. Once boiling, reduce the heat a bit not to burn the milk, and add Lentils. Cook on a slow boil for 30 minutes or until Lentils* are soft. Stir often
- *Note Lentils will thicken the sauce independently; however, if you want it thicker, add some arrowroot. If you add arrowroot, do so by mixing it in a little hot water to dissolve, otherwise, you will have lumps
- 4. Serve over any whole wheat pasta or pasta/brown rice of your choice. We thoroughly enjoyed the chickpea and turmeric noodles made "al dente"; they reminded us of the egg noodles we use to enjoy with the stroganoff
- 5. Enjoy; this is delicious!



