



Plant-based Mushroom Stroganoff

INGREDIENTS

- 1-pound brown rice noodles
- 1 med onion, diced
- 2 tbsp dried thyme
- 4 cups mushrooms, sliced

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- 3 garlic cloves, minced
- 2 tsp olive oil
- 2 tbs Coconut Aminos
- 1/2 cup veggie broth
- 1 can full fat coconut milk
- 1/2 cup cashew cream
- 1 tbsp arrowroot or corn starch
- 3 tbsp filtered water

DIRECTIONS

1. Heat heavy bottom deep skillet with olive oil.
2. Once hot, add onions with large pinch of salt and generous amount of black pepper. Cook for 2-3 minutes while stirring.
3. Add dried thyme, garlic, Big Tree Farms Coco Aminos, stir until coated.
4. After about a minute, add mushrooms and cook down.
5. Cook medium heat for 5-8 minutes uncovered, stir occasionally.
6. As the mushrooms cook, in a separate large pot, bring 4 quarts water to a boil, for the noodles. Add the noodles once boiling and cook to package directions. Once cooked, drain and set aside in original pot with lid to keep warm.
7. Back to the skillet, add veggie broth, cook for one minute and add in can of coconut milk.
8. Add 1/2 cup cashew cream or vegan sour cream.
9. Add slurry to sauce, cook for 2 more minutes to thicken. Salt and pepper to taste.
10. Serve with noodles, garnish with chopped parsley, and enjoy!

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Just for the health of it