🍄🌿 CREAMY MUSHROOM STROGANOFF

A wholesome twist on classic stroganoff with tender mushrooms and a smooth, savory sauce.



Serves 4–6

🥣 INGREDIENTS

- 8 oz. whole-wheat pasta, uncooked
- ⅓ cup raw cashews
- ¼ (16-oz.) package soft tofu
- 1½ cups water, divided
- 1 tbsp Bragg Liquid Aminos or low-sodium soy sauce
- 1 tbsp vegetable broth seasoning
- 1 tbsp onion powder
- 1½ tbsp nutritional yeast flakes
- ½ medium onion, julienned
- 1 cup fresh cremini mushrooms, sliced
- 1 cup fresh shiitake mushrooms, chopped
- Salt, to taste

👨‍🍳 INSTRUCTIONS

1. Cook pasta according to package directions. Drain and set aside.
2. Blend cashews, soft tofu, and ½ cup water until smooth. Add Bragg Liquid Aminos, vegetable broth seasoning, onion powder, and nutritional yeast. Blend well.
3. Add the remaining 1 cup water and blend until creamy. Set aside.
4. In a pan over medium heat, sauté the onion and mushrooms in a small amount of water until tender.
5. Stir in the blended tofu sauce and warm gently. Do not boil, as the sauce may curdle slightly.
6. Serve the creamy mushroom sauce over the cooked pasta and garnish with freshly chopped parsley.

🌱 NUTRITION BENEFITS

Mushrooms: Provide antioxidants and B vitamins.
Tofu: Adds plant-based protein and healthy fats.
Cashews: Provide plant-based protein and healthy fats.
Whole-wheat pasta: Provides additional fiber for a more satisfying meal.

📊 NUTRITION INFORMATION

Per ½ cup of sauce:
72 Calories | 3 g Fat | 0.3 g Saturated Fat | 0 mg Cholesterol | 336 mg Sodium | 8 g Carbohydrates | 2 g Fiber | 1.5 g Sugar | 4 g Protein

REFERENCE: Adapted from: *From Plant To Plate.*. by Tami Bivens, R.D. and Life and Health Network