



Vegan Beef Stroganoff

Ingredients

1. 3 tbs diced onion
2. 3 tbs chopped mushrooms
3. 1 clove minced garlic or 1 tbs garlic powder
4. 1 tbs butter
5. 1 1/2 cups vegetable broth
6. 2 tbs soy sauce
7. 1 tbs worcestershire sauce
8. 1/4 cup flour
9. 1 can full fat coconut milk
10. 2 tbs tahini
11. 1tsp brown sugar
12. 2 tbs nutritional yeast
13. 1 tsp smoked paprika

Serves: 2

Instructions

1. Saute onions and garlic until carmelized
2. Add garlic, saute for 30 seconds
3. Add remaining ingredients
4. Blend or use stick blender
5. Heat to boiling, boil for 2 minutes stirring constantly
6. Serve with egg noodles and vegetarian meatballs if desired

Prep Time: 20 minutes