

Vegan Mushroom Stroganoff

Rich and creamy vegan mushroom stroganoff with tender mushrooms in a silky plant-based sauce. A comforting meatless dinner ready in 30 minutes.

20	30	50	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Vegan Mushroom Stroganoff

Ingredients

- 2 tbsp olive oil
- 1 onion
- 3 clove garlic
- 1 lb mushroom
- 2 tbsp flour
- 1 cup coconut milk
- 1 cup almond milk
- 1 cup vegetable broth
- 1 tsp paprika
- 1 tsp oregano
- 1 tbsp soy sauce
- 1 tbsp dijon mustard
- 1 tsp salt
- 1 tsp black pepper
- 8 oz egg free pasta

Instructions

- 1 Cook the pasta**

Bring a large pot of salted water to a rolling boil over high heat. Add 8 oz egg noodles and cook according to package directions until al dente, about 8-10 minutes. Drain and set aside.
- 2 Sauté the aromatics**

Heat 2 tablespoons olive oil in a large skillet over medium heat (160°C/320°F). Add 1 diced onion and cook for 4-5 minutes, stirring occasionally, until softened and translucent.
- 3** Add 3 minced garlic cloves to the skillet and cook for 1 minute, stirring constantly, until fragrant but not browned.
- 4 Brown the mushrooms**

Increase heat to medium-high and add 1 lb sliced mushrooms in a single layer. Cook without stirring for 4-5 minutes until golden brown on the bottom, then stir and continue cooking for 3-4 minutes until mushrooms release their liquid and become tender.

- 5 Sprinkle 1 teaspoon paprika, 1 teaspoon dried thyme, 1 teaspoon salt, and 1 teaspoon black pepper over the mushrooms. Stir to combine and cook for 1 minute until spices are fragrant.
- 6 **Make the sauce**
Sprinkle 2 tablespoons all-purpose flour over the mushroom mixture and stir constantly for 2 minutes until the flour is absorbed and cooked through with no raw flour taste.
- 7 Gradually whisk in 1 cup vegetable broth, stirring constantly to prevent lumps from forming. Add 1 cup unsweetened almond milk, 1 tablespoon soy sauce, and 1 tablespoon Dijon mustard, whisking until smooth.
- 8 Bring the mixture to a gentle simmer and cook for 3-5 minutes, stirring frequently, until the sauce thickens enough to coat the back of a spoon.
- 9 **Finish and serve**
Reduce heat to low and stir in 1 cup coconut milk. Simmer for 2 minutes until heated through and creamy.
- 10 Add the cooked egg noodles to the skillet and toss gently until evenly coated with sauce. Taste and adjust seasoning with salt and pepper as needed before serving immediately.

Tips

Use a mix of mushroom varieties like cremini, shiitake, and portobello for the most complex, restaurant-quality flavor profile.

Never crowd mushrooms in the pan - cook in batches if necessary to ensure proper browning rather than steaming.

Let the flour cook for at least 2 minutes after adding to eliminate any raw taste and ensure a smooth sauce.

Add liquids gradually while whisking constantly to prevent lumps from forming in your sauce.

Taste and adjust seasoning at the end - mushrooms can vary in saltiness, so your dish may need more or less salt.

For extra richness, stir in a tablespoon of vegan butter just before serving to give the sauce a glossy finish.

Cook pasta just shy of al dente if combining with sauce, as it will continue cooking and absorb flavors.

Fresh thyme or rosemary can be substituted for dried herbs - use three times the amount and add during the last few minutes of cooking.