



Mushroom Stroganoff

This is a lightened-up version of stroganoff that uses no meat or dairy! When I started eating more plant-based foods several years ago, my mind was blown to learn that certain nuts and seeds can produce luscious cream sauces. This recipe gets its creaminess from humble sunflower seeds, and its umami flavor from mushrooms.



Serving
6



Prep
30 Minutes



Contributer
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1 lb White button mushrooms, sliced
¾ cup Raw sunflower seeds (shelled)
1 ½ cups Reduced sodium vegetable stock (355 mL)
1 tbsp Extra virgin olive oil
2 cloves Garlic
½ cup Finely diced onion
2 sprigs Thyme
½ cup Dry white wine
12 oz Dried egg noodles
¼ tsp Salt
½ tsp Ground black pepper

1. Place the sunflower seeds and broth in a high-speed blender. Set aside to let soak.
2. Heat the extra virgin olive oil over medium heat. Add the onion and sauté for 5 minutes or until it begins to soften.
3. Add the mushrooms, thyme, salt and pepper and stir. Cook for 5 minutes or until mushrooms begin to soften. Add the wine and stir. Let it cook for 5 minutes or until the wine is almost evaporated.
4. Meanwhile, cook the egg noodles according to package instructions.
5. Blend the sunflower seeds and broth until smooth. Stir into mushroom mixture. Cook, stirring, for around 2 minutes until hot and thickened. Remove from heat.
6. Portion egg noodles into bowls and ladle sauce on top. Serve with an optional garnish of additional thyme.

Variation

Try eating on top of cooked brown rice instead of noodles.

Tip:

Don't have a high-speed blender? Soak the sunflower seeds in water for 3 hours or up to overnight in the fridge. Drain and use in any blender you have.



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