

# Mushroom Stroganoff

A delicious single serving treat when you are craving something more decadent for dessert!

Prep:  
**10 minutes**

Cook:  
**20 minutes**

Ready In:  
**30 minutes**

Servings:  
**4**



## Ingredients

4 cups crimini or button mushrooms, chopped  
1 medium onion, diced  
4-5 cloves garlic, minced  
juice of 1 lemon  
2 tbsp soy sauce  
3 tbsp white flour or cornstarch  
2 cups unsweetened plant milk  
1 cup vegetable broth  
1 tsp dried thyme  
2 tbsp nutritional yeast  
salt to taste  
1 16oz package linguini or fusilli noodles

## Instructions

- 1 First heat a large skillet over medium heat and also start to cook your pasta according to directions on package.
- 2 Once skillet is hot add in a splash of water and saute your onions and garlic until fragrant (about 5 minutes). Next add in your mushrooms (you may need a little bit more water) cover and cook 5 more minutes. Take the cover off and let the rest of the water in the pan burn off.
- 3 While the mushrooms are cooking place your plant milk (i use west soy), vegetable broth, flour, spices, soy sauce and lemon juice in a large bowl and whisk together. Add this into the mushroom/onion saute and bring to a boil. Reduce heat to a simmer and stir while this cooks until it has thickened (about 5 minutes).
- 4 Drain your cooked pasta, add it into the pan with the sauce and cook over low for 5 more minutes while stirring it all together. Adjust seasonings and enjoy! You can also eat this over mashed potatoes and its also very delicious.

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