



Serves 4

Preparation Time: 15 minutes

Cook Time: 45 minutes

INGREDIENTS:

2 large shallots, peeled and minced

4 cloves garlic, peeled and minced

2 teaspoons minced thyme

Salt and freshly ground black pepper to taste

1 teaspoon minced rosemary

1 pound portobello mushrooms, stemmed and cut into large pieces

1 ounce porcini mushrooms, soaked in 1 cup boiling water for 30 minutes

½ cup dry white wine

1 pound whole-grain fettuccine, cooked according to package directions, drained, and kept warm

1 cup [Tofu Sour Cream](#)

Chopped parsley

Chef Del's Mushroom Stroganoff

Stroganoff originated in Russia as a beef dish served in a rich sour cream sauce. And although there are many versions of the original recipe, this plant-based one is made with rich porcini mushrooms and lots of fresh herbs.

This recipe is from *Forks Over Knives – The Cookbook*.

<https://www.youtube.com/watch?v=aePBDMIOLl8>

By Del Sroufe

- 1 Place the shallots in a large skillet and sauté over a medium heat for 8 minutes.
- 2 Add water 1 to 2 tablespoons at a time to keep them from sticking.
- 3 Add the garlic and thyme, and cook for another minute.
- 4 Stir in the salt and pepper, rosemary, and the portobello mushrooms and cook for 10 minutes, stirring occasionally.
- 5 Add the porcini mushrooms, and their soaking liquid, and the wine.
- 6 Stir, and cook over medium-low heat for 20 minutes.
- 7 When the stroganoff is finished cooking, stir in the sour cream.
- 8 Add the cooked noodles and toss well.
- 9 Serve garnished with the parsley.