



FORKS OVER KNIVES™

Mushroom Stroganoff | by Chef Del Sroufe

From *Forks Over Knives – The Cookbook*

Serves 4



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 (recipe follows)
Chopped parsley

Instructions:

Place the shallots in a large skillet and sauté over a medium heat for 8 minutes.

Add water 1 to 2 tablespoons at a time to keep them from sticking.

Add the garlic and thyme, and cook for another minute.

Stir in the salt and pepper, rosemary, and the portobello mushrooms and cook for 10 minutes, stirring occasionally.

Add the porcini mushrooms, and their soaking liquid, and the wine.

Stir, and cook over medium-low heat for 20 minutes.

When the stroganoff is finished cooking, stir in the sour cream.

Add the cooked noodles and toss well.

Serve garnished with the parsley.

Tofu Sour Cream

Makes 1 ½ cups

Use this healthy dairy alternative in any dish that calls for sour cream. Serve it with baked potatoes and fresh chives, with tacos or enchiladas, or with Mushroom Stroganoff.

1 package extra firm lite silken tofu, drained

1 tablespoon lemon juice

1 tablespoon red wine vinegar

Salt to taste

Instructions:

Combine all ingredients in a blender and puree until smooth and creamy.

Chill until ready to serve.