



**BRAIN HEALTHY
COOKING**

Entrée

Mushroom Stroganoff



Ingredients

1 TBSP Butter
¼ CUP Onions, chopped
2 TBSP Flour
2 CUPS Vegetable Broth
1 TBSP Worcestershire Sauce
1 TSP Tomato Paste
¼ LB Cremini Mushrooms, sliced
½ LB Baby Bella Mushrooms,
sliced
¼ LB Shiitake Mushrooms, sliced
¼ TSP Thyme
1 ½ TBSP White Wine or Sherry
¼ CUP Reduced-Fat Sour Cream
½ LB Noodles, uncooked
Pepper to taste
Parsley for garnish, minced

Makes 4-6 Servings

Directions

1. Cook noodles in a pot of salted water according to package directions, under-cook them a bit so you can mix it with the sauce and let it finish cooking.
2. Meanwhile, while the water starts to boil for the noodles, heat a large nonstick skillet over medium-high heat.
3. Melt butter over medium heat and add onions to the pan.
4. Cook 2-3 minutes over medium-low heat.
5. Add flour; stir with a wooden spoon for 30 seconds.
6. Gradually add broth, Worcestershire sauce, and tomato paste, stirring constantly.
7. Add mushrooms, thyme, pepper; stir and cook 4-5 minutes or until thickened and bubbly, stirring constantly.
8. Add wine; bring to a boil, reduce heat, and simmer 4 minutes. Remove from heat; let stand 30 seconds.
9. Stir in sour cream; add noodles, mix well and garnish with parsley if desired.