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## Mushroom and Tempeh Stroganoff

Serves 4

### Ingredients

- 2/3 cup raw cashews
- 2 tsp red wine vinegar
- pinch fine sea salt
- 1 1/2 lbs. assorted mushrooms
- 1 pkg. tempeh, boiled for 10 minutes, cooled and crumbled
- 3 shallots, thinly sliced
- 2 1/2 cups mushroom broth, or low-sodium vegetable broth
- 1 TBSP Dijon mustard
- 1 TBSP paprika
- 1/2 tsp ground black pepper
- 3 TBSP chopped fresh parsley for garnish

### Preparation

1. Place cashews in a small bowl and cover by about 1 inch with boiling water. Let soak for 30 minutes. Drain, discarding soaking liquid. In a blender, combine cashews, 1/4 cup water, vinegar and salt, and blend until smooth; add more water a tablespoon at a time as needed to make a cashew cream.
2. Halve or quarter smaller mushrooms, and thickly slice larger ones. Place mushrooms and shallots in a heavy pot and set over medium heat. Cook, stirring frequently, until the mushrooms begin to brown: add broth a few tablespoons at a time to keep mushrooms from sticking to the bottom of the pan. Cook, adding more broth as needed, until mushrooms are browned and softened, 10 to 12 minutes.
3. Stir in remaining broth, mustard, paprika and pepper. Bring to a boil, lower heat, and simmer until mushrooms are very tender and sauce is thickened, about 25 minutes. Stir in tempeh and 1/2 cup of cashew cream. Sprinkle with parsley and serve with remaining cashew cream on the side.
4. Serve over noodles with peas and garnish with chopped parsley.



*Food Fairy Note:*

Adapted from: *Mushroom and Tempeh Stroganoff*, [www.wholefoodsmarket.com](http://www.wholefoodsmarket.com), 8/1/2016