

stroganoff

- 2-3 cups egg-free noodles
- 1 package seitan – sliced into bite size pieces
- 2 packages of cremini mushrooms –sliced
- 2 cloves garlic – minced
- 1 large leek – sliced
- 1 cup dairy-free sour cream
- 2 cups non-beef or veggie broth (try to find the Better Than Bouillon brand, if possible. for the veggie broth)
- 1 handful fresh parsley – chopped
- 2 tsp tamari
- 1 tsp bouquet gravy darkener/thickener
- 2 tbsp flour (for thickening)
- ½ cup white wine (any kind will work)
- olive oil
- salt and pepper

In a large pot, bring water to a boil and add 2-3 cups of noodles, a dash of salt and olive oil. Bring to a boil until al dente, drain and set aside.

Heat a large skillet and add 2 tbsp olive oil. Add your seitan, garlic and leeks. Let the seitan brown a bit, 8-10 minutes. Keep stirring to get all sides browned. You can now add your mushrooms. Stir until mushrooms are slightly limp.

You can now sprinkle your flour and stir in until a paste is created. Add your heated broth, tamari and darkener and stir until it begins to thicken. Now add your wine, salt and pepper and stir again. Cook for about 5 minutes, until wine has reduced.

Once reduced to your desire, fold in your dairy-free sour cream and chopped parsley. Serve over noodles, with a side of steamed green beans and a glass of white wine.