



## Recipe Details

Recipe Name - "Beef" Stroganoff

Recipe Steps -

### Ingredients

- 1 large onion
- 2+ Tbsp minced garlic
- 1 tsp garlic powder
- 1/2 to 3/4 cup water
- 2 cups plant milk
- 3 Tbsp mushroom soup base
- 1/4 cup white wine or sherry cooking wine
- 1/2 cup red lentils
- Black pepper to taste
- 2 Tbsp black truffle Vinegar (optional)
- 8 oz of Pasta of your choice

### Instructions

1. Water saute onion, and season with pepper. Once the onion is soft add garlic, and stir for 30 seconds
  2. Add garlic powder, water, plant milk, powdered soup base, wine, and truffle vinegar if using. Stir and bring to a boil
  3. Once boiling, reduce the heat a bit not to burn the milk, and add Lentils. Cook on a slow boil for 30 minutes or until Lentils\* are soft. Stir often
- \*Note - Lentils will thicken the sauce independently; however, if you want it thicker, add some arrowroot. If you add arrowroot, do so by mixing it in a little hot water to dissolve, otherwise, you will have lumps
4. Serve over any whole wheat pasta or pasta/brown rice of your choice. We thoroughly enjoyed the chickpea and turmeric noodles made "al dente"; they reminded us of the egg noodles we use to enjoy with the stroganoff
  5. Enjoy; this is delicious!

