

Mushroom Stroganoff

Shared by Robin RD from London, Ontario Canada

- Dairy-free recipe
- Can be made gluten-free
- Can be made vegan

This healthy and delicious plant-based mushroom stroganoff can be served over yolkless noodles or your favorite grain. It will satisfy your hunger and make you think you are 'fine dining' in the wilderness.



Servings: 4

Ingredients:

Splash of olive oil or water

2 onions chopped

2 cloves garlic pressed

16 oz. mushrooms (two 227g packages or about 2 cups) chopped

1 cup veggie broth or beef broth and a splash or two of red wine vinegar (or ½ cup broth and ½ c red wine)

1 can coconut milk (400ml/1 ¾ c)

2 bay leaves

1 Tbsp. vegan Worcestershire sauce or Tamari/soy (Regular W sauce has anchovies. Tamari is gluten free. Soy sauce has gluten).

sauce (I split it up between the two)

Smoked or hot paprika and salt to taste

1 tsp pepper

3 Tbsp. flour (divided)

At Home:

1. Heat oil or water and cook onions until translucent.

2. Add mushrooms and garlic and cook on medium heat until moisture has evaporated (7-10 min.).

3. Reduce heat and add 2 Tbsp. flour; then add 1 cup of the coconut milk, stirring constantly.

4. Add bay leaves and broth and simmer for 20 minutes. (Remove bay leaves before dehydrating)
5. Stir in last $\frac{3}{4}$ cup of coconut milk, Worcestershire (or tamari/soy), pepper, salt, paprika. Turn heat to medium and add 1 Tbsp. flour and whisk.
6. Add more flour if you want the sauce to be thicker.

Dehydrate:

Spread the stroganoff mixture out on four dehydrator trays covered with parchment paper. I don't have a temperature gauge on my dehydrator, but let's say 140° F/60° C for 8-10 hours until the mushrooms are leathery. After four hours, break up pieces that are stuck together and flip them over to speed up the drying processes. It's done when there is no moisture. Each tray amounts to one serving (approximately one cup), so you can divide the servings up into Ziploc bags.

Photo shows mushroom stroganoff after drying. Cover your trays with non-stick sheets, parchment paper, or fruit leather inserts. Spread thinly for best results.

On the Trail:

Rehydrate mushroom stroganoff with one cup of water for 5-10 minutes, heat and serve. A good rule of thumb: Equal part of water to the dried food. You can add/reduce the amount of water depending on how thick/thin you like your sauce.

Light stove, bring to a boil and simmer for a few minutes. Once cooked, cover with a cozy and let it sit for 10 minutes while you cook some noodles to go with it!

Since we are one pot cooks, we tend to cook our noodles and then add the rehydrated stroganoff to the noodles.

Additional Suggestions:

Try using a variety of mushrooms for different textures and taste.

Sneak in some spinach or kale for extra vitamin power on the trail.

We use yolkless noodles since they take very little time to cook (boil water and cook for 10 minutes), but you can easily dehydrate rice, quinoa, or kasha to rehydrate along with the stroganoff. Example: $\frac{1}{2}$ cup dehydrated rice + $\frac{1}{2}$ cup water per serving, rehydrate for ten minutes and add to the stroganoff mixture.