

Dinner

Balsamic Herb Mushroom Stroganoff

15 Mins
Prep Time

15 Mins
Cook Time

6
Servings

 **335 Calories** **14g Fat** **37g Carbs** **9g Protein**



Ingredients

 **6 Servings**  **30 Mins Total Time**

 **Allergens: Gluten, Fish**

8 oz. Egg Noodles, uncooked 

2 Tbsp Extra Virgin Olive Oil

4 Cups Mixed Mushrooms, **washed** and sliced 

½ Tsp Onion Powder

Salt and Pepper, to taste

2 Tbsp Unsalted Butter

1 Tsp Garlic Powder

2 Tbsp Fresh Thyme Leave, **washed**

1 Tbsp Fresh Sage, **washed** and chopped

2 Tbsp Flour

1 Cup Low-Sodium Chicken Broth

1 Cup Dry White Wine (cooking wine or additional broth can also be used)

1 Tbsp Worcestershire Sauce

1 Tbsp Balsamic Vinegar

½ Cup Canned Coconut Milk

Nourishment Note



Refined Grains

Refined grains, like white bread, crackers, pasta and noodles, have less fermentable fiber and may be better tolerated by someone experiencing a flare.



Mushrooms

Mushrooms, particularly cooked mushrooms, are often well tolerated by someone experiencing a flare. Mushrooms are an excellent source of selenium. Selenium is a powerful antioxidant that helps to support the immune system and protects cells in the body from harm.

Allergen Swap

Gluten Use gluten-free noodles and flour; Look for gluten-free Worcestershire sauce.

Fish Look for a Worcestershire sauce that does not include fish sauce or anchovies.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Cook Noodles

Cook noodles according to package direction. Drain and set aside.

3. Cook Mushrooms

While noodles are cooking, heat oil in a large skillet on high heat. Add the mushrooms, onion powder and a pinch each of salt and pepper. Cook undisturbed for 5 minutes or until mushrooms are golden. Reduce heat to medium.

4. Add Butter & Spices

Add the butter, garlic powder, thyme and sage. Cook, stirring occasionally, for an additional 2-3 minutes. Remove half the mushrooms from the skillet to a plate and set aside.

5. Add Flour & Liquid Ingredients

Sprinkle the flour over the remaining mushrooms in the skillet and cook, stirring frequently, for another minute. Slowly pour in the chicken broth, wine, Worcestershire sauce, balsamic vinegar and season with an additional pinch of salt and pepper.

6. Bring to Boil

Bring sauce to a boil, then reduce heat to medium and allow to simmer for 5 minutes or until the sauce has thickened slightly. Stir in the coconut milk and cook for an additional 2-3 minutes.

7. Add Reserved Mushrooms

Add the reserved mushrooms to the skillet, tossing to combine.

8. Plate & Enjoy

Plate the noodles and top with the stroganoff. Enjoy!

9. Wash Hands

Wash hands with soap and water.

Recipe adapted from: halfbakedharvest.com

What You'll Need



Large Pot



Spoons (2)



Colander



Cutting Board



Knife



Large Skillet



Measuring Cups



Measuring Spoons



Plate

Remission Remix

- Serve stroganoff over whole grain pasta or brown rice instead of egg noodles.