



Mushroom Stroganoff

Ingredients

- 1 tablespoon butter
- 1/2 cup chopped yellow onion
- 2 tablespoons flour
- 2 cups low salt vegetable or beef broth
- 1 tablespoon Worcestershire sauce
- 1 teaspoon tomato paste
- 16 oz. mixed mushrooms (try Baby Bella, white, shiitake)
- 1/4 teaspoon dried thyme
- salt and pepper
- 2 tablespoons white wine
- 1/4 cup sour cream
- 8 oz. uncooked noodles
- chopped parsley or fresh dill for garnish

Instructions

- Cook noodles in a pot of salted water according to package directions, I like to under-cook them a bit so I can mix it with the sauce and let it finish cooking. While the water starts to boil for the noodles, heat a large nonstick skillet over medium-high heat.
- Melt butter over medium heat and add onions to the pan. Cook 2 - 3 minutes over medium-low heat. Add flour; stir with a wooden spoon for 30 seconds.
- Gradually stir in broth, Worcestershire sauce, and tomato paste, whisking to avoid lumps. Add mushrooms, thyme, salt and pepper; stir and cook 4-5 minutes or until thickened and bubbly.
- Add wine; bring to a boil, reduce heat, and simmer 4 minutes. Remove from heat and stir in sour cream.. Add noodles, mix well and garnish with parsley or fresh dill if desired.

ADAPTED FROM: SKINNY TASTE