

Plant-Based Vegan Recipe



VEGAN JACKFRUIT MUSHROOM STROGANOFF

Vegan Jackfruit Mushroom Stroganoff

Ingredients:

- 16 oz package noodles of choice (wide, linguine..) use gluten-free (optional)
- 1 1/2 Tbsp vegan butter
- 1/2 medium red onion
- 8 oz crimini mushrooms sliced
- 2 medium garlic cloves, minced
- 1/4 cup red wine vinegar
- 1- 14oz can Native Forest[®] Organic Young Jackfruit, drained, rinsed, and roughly chopped
- 1/4 tsp dried thyme
- 1/4 tsp salt (add more to taste)
- 1/8 tsp black pepper
- 1/2 cube Edward & Sons[®] Garden Veggie Bouillon Cube, dissolved in 1 cup hot water
- 1 tsp Let's Do Organic[®] Cornstarch
- 1/2 Tbsp The Wizard's[®] Vegan Worcestershire
- 1/2 cup vegan sour cream

Instructions:

1. In a large pan over medium heat, melt butter. Sauté the diced onions until they're soft and translucent. Add the sliced mushrooms and garlic and let it cook for 10 minutes (or until the mushrooms are tender).
2. Add the red wine vinegar and let it cook for a few more minutes until the liquid thickens and reduces.
3. Add the jackfruit, thyme, salt, and pepper and stir to combine.
4. In a medium bowl, whisk together the vegetable broth and cornstarch. Pour it into the pan along with the Worcestershire. Stir well and then increase the heat to bring it to a low simmer. Reduce the heat to medium, cover, and let it cook for 20 minutes or until the jackfruit is tender and breaks apart.
5. Meanwhile, cook the noodles according to the package instructions.
6. Remove the lid and gently use a wooden spoon to break up the pieces of jackfruit. Stir in the sour cream and let it cook for a few more minutes until it's warmed through.
7. Serve over hot pasta.