

Mushroom Stroganoff

Ingredients

1	lb	mushrooms <i>sliced</i>
2	T	olive oil <i>extra virgin</i>
1		onion <i>chopped</i>
1–2	cloves	garlic <i>grated</i>
2	C	vegetable broth
3	T	all-purpose flour <i>or 1 tablespoon corn starch</i>
1	T	mustard , <i>Dijon or yellow</i>
1	T	Worcestershire sauce <i>or soy sauce</i>
2	t	smoked paprika
1	t	dried thyme <i>or oregano</i>
1	can	black beans <i>15 oz / 400 g – rinsed – or 1½ cups / 230 g cooked beans</i>
½	C	Greek yogurt
¾	t	salt + black pepper , <i>adjust to taste</i>
2	T	fresh parsley <i>chopped</i>

Directions

1. Heat olive oil in a large skillet. Sauté onion for 5 minutes, then add garlic for 1 minute.
2. Add chopped cabbage, paprika, salt, and pepper. Cook 5 minutes, stirring.
3. Pour in broth, vinegar, sugar, and pepper flakes if using. Stir well.
4. Cover, reduce heat, and simmer 20–25 minutes until cabbage is very tender.
5. Garnish with parsley and serve warm.

Tips

- Add a splash of broth when reheating leftovers
- Delicious as a side or served over rice or potatoes
- Keeps well in the fridge for up to 3 days