

Mushroom Stroganoff



Ingredients

1 - 15 oz can of white beans
1/2 c water
2 T fresh lemon juice
1 - inch piece of ginger
1 red onion, minced
1 lb portobello mushrooms, sliced
1 t dried oregano
1 t thyme
1 T vegan butter
1/4 c red wine

Procedure

- Blend beans through ginger in a blender, set aside
- Water saute onions until translucent
- Add mushrooms until they are soft
- Stir in oregano, thyme and vegan butter
- Add sauce and wine, cook until thoroughly heated
- Serve over creamy polenta, rice or potatoes with sauteed greens