

Tempeh and Mushroom Stroganoff

(Makes 4 servings)

(V) – This recipe is a vegan option recipe!

Ingredients:

- 1 tablespoon canola oil
- 1 (8 oz) package wild rice tempeh, cut into ½-in thick strips
- 1 teaspoon toasted sesame oil
- ½ yellow onion, thinly sliced
- 2 cloves garlic, finely chopped
- 1 large Portobello mushroom, stemmed and sliced
- 1 cup chopped white mushrooms
- 1 tablespoon vegetarian Worcestershire sauce
- 1 packet vegetarian brown gravy mix
- 4 oz low fat sour or vegan cream (for vegan option)
- 2 cups cooked brown rice
- 2 tablespoons chopped parsley (optional)

Directions:

- 1) Heat canola oil in a large skillet over medium high heat. Add tempeh strips and cook, turning once, until both sides are golden brown.
- 2) Remove tempeh from skillet and set aside. Add onions and garlic to skillet and cook until golden.
- 3) Stir in sesame oil, mushrooms and Worcestershire sauce and cook until mushrooms are soft. Return tempeh to skillet.
- 4) In a measuring cup, combine gravy mix with amount of water called for on package directions, then stir into tempeh mixture and heat until thick. Stir in sour cream and heat just until warm.
- 5) Prepare rice according to package directions, then serve stroganoff over rice, garnished with parsley.



Nutritional Analysis: (per serving)

- Calories: 340
- Fat: 12 g
- Saturated Fat: 3.0 g
- Sodium: 410 mg
- Protein: 14 g
- Carbohydrates: 44 g
- Fiber: 6 g
- Sugar: 4 g

Source:

Whole Foods Market, recipes

www.wholefoodsmarket.com/recipes/1907

Go! Foods® for You Program 

This recipe has been modified to meet Go! Foods® criteria.