

LONDON BROIL STROGANOFF

INGREDIENTS

- 4 T Olive oil (divided)
- 1 Onion (large) (diced small)
- 1 1/2 lbs Mushrooms (white) (sliced)
- 1 London broil (3 - 3 1/2 lbs pounds) (about 1 inch thick) (well chilled)
- Flour (your choice of flour - gluten-Free **OR** almond **OR** quinoa)
- 1/2 C Dry Sherry **OR** Mirin
- 1/2 C Non-dairy milk (coconut **OR** quinoa **OR** rice **OR** almond)
- 4 Thyme (sprigs) (leaves only)
- 1/3 C Vegan sour cream (see note below to find 2 recipe choices)
- Nutmeg (pinch)
- Pepper (Freshly ground) (to taste)



DIRECTIONS

- 1 Heat 2 T of the oil & sauté the onions until translucent
- 2 Add the mushrooms & sauté until all liquids evaporate & remove the sauteed mix & reserve
- 3 Slice the meat very thin & put the flour in a plate
- 4 Heat the remaining 2 T of oil in the same skillet
- 5 Dredge the meat slices in the flour, shaking off the excess & sauté briefly (1 minute on each side)
- 6 Add the mushroom mix, sherry or miri, non-dairy milk & thyme to the skillet
- 7 Bring to a boil but don't let it curdel
- 8 Reduce the flame to medium & cook, covered (10 minutes)
- 9 Gently stir in vegan sour cream, nutmeg & pepper & heat thru (not letting it come to a boil again).
- 10 Serve hot with pasta, rice **OR** mashed potatoes

NOTE

In our Vegan & Vegetarian Recipe Directory, we have 2 recipes for vegan sour cream. Just click on the Vegan & Vegetarian Directory that's under the Recipe Directory on every page & scroll down to the 2 sour cream recipes & click the one you want.

