

# Recipes with a Cause

**A COLLECTION OF  
VEGAN SUMMER RECIPES  
BY FRIENDS OF NTR**

## Mushroom Stroganoff

BY LIZ MIU

Hey there, I'm Liz from Sydney, Australia! Vegan blogger on instagram @itslizmiu, vegan-food-eater on my Youtube channel Loud Noodle and owner of Mylk and Bun, a social enterprise that dishes out delicious vegan cinnamon rolls for a good cause.

This is a recipe I'm particularly proud of and I adore it so much because it is incredibly hearty and nourishing. It's won over many mushroom-haters and stroganoff nay-sayers, so please do give it a whirl! I love keeping the mushrooms whole in this recipe for those big juicy mouth-fuls of mushroom.

Xo,

Liz

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### Ingredients:

#### CASHEW CREAM SAUCE

1.5 cups roasted cashews (soaked in boiling water for 30 mins, drained)  
2 cups water  
2.5 tbsp vegan 'beef' style stock powder OR equivalent of bouillon cubes to make 1L (2 pints) of broth  
1 tbsp dijon mustard  
2 tbsp apple cider vinegar

#### OTHER

750g-800g button/white mushrooms (I like to keep mine whole if they're small or you can chop them)  
2 tbsp vegan butter (or olive oil)  
2 brown onions, finely diced  
1 tbsp minced garlic  
1 tsp thyme  
2 tbsp tomato paste, divided  
1/2 cup red wine  
2 tbsp apple cider vinegar  
1 tsp black pepper  
1 cup water  
1/2 cup chopped parsley  
cooked rice or pasta, to serve!



**@itslizmiu @nontoxicrev**

**NON TOXIC  
REVOLUTION**

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### Instructions:

1. Into a blender, place the cashew sauce ingredients: soaked cashews, water, veggie stock powder, mustard and 2 tbsp apple cider vinegar. Blend until very smooth and creamy!!! I blitz it for at least one minute to avoid lumps!
2. In a large pot heat 2 tbsp vegan butter on medium heat. Once melted, add onions and garlic and sauté for around 4–5 minutes until the onions are soft. Add thyme, 1 tbsp tomato paste and stir to combine with onions.
3. Add all the mushrooms! And stir until everything is evenly coated – mushrooms should go all red. Place the lid on the pot and allow mushrooms to cook for around 3 minutes without stirring – this allows the mushrooms to get some good colour on them. After 3 mins, stir to move the mushrooms around and replace lid. Cook for another 3 mins and most mushrooms should have at least a little colour on them!
4. Add the wine and the blended cashew sauce and cook for around 4–5 minutes, stirring frequently – mixture should start to get really thick. Turn the heat down if it's getting really bubbly!
5. Add 1 cup water, 2 tbsp apple cider vinegar, 1 tbsp tomato paste and 1 tsp pepper and mix again until well combined. We're adding these late in the cooking process so that a little more acidity is retained – gives a that delicious sour-creamy flavour!
6. Cook for a few more minutes. If it's getting way too thick add a little more water. Taste and season if needed! Otherwise stir in 1/2 cup of chopped parsley.
7. Serve with cooked rice or pasta and garnish with extra parsley if desired!
8. Enjoy!

