



Soy Stroganoff

A healthy spin on a classic comfort food.

My recipe below uses emu steak instead of beef (due to my alpha gal allergy), but this soy stroganoff is excellent without meat as well.

Consider this: Soy Stroganoff can be the center of the plate protein entrée without the meat. Soy is a complete protein with a profile similar to chicken. If you are taking a step toward increasing plant-based protein in your diet, this could be an extremely easy first step! No sacrifice required.

Prep Time: 1 hour

Serves: 6

Ingredients

1.5 pounds of thinly sliced emu steak (You can substitute beef steak or use no meat at all. (Just add another cup or two of a variety of mushrooms.)
½ Teaspoon of salt
½ Teaspoon of pepper
2 Tablespoons of vegetable oil
5 Tablespoons of plant butter
1 Medium onion (chopped finely)
15 Ounces white button mushrooms (sliced)
4 Cloves of garlic (minced)
3 Tablespoons of all-purpose flour
1 ½ Cups of chicken or vegetable broth
1 Tablespoon of Dijon Mustard
1 Cup of soy sour cream
1 Teaspoon Thyme leaves (chopped fresh or dry)
2 Tablespoons of fresh parsley (chopped)
10 Ounces of medium or wide egg noodles
Parsley (chopped) and nutmeg (ground) for garnish

DIRECTIONS

Getting Ready: Collect and prep your ingredients together to save time.

1. Thinly slice emu steak and set aside.
2. Wash and chop herbs, slice mushrooms, chop onion, and mince garlic and set aside.
3. Mix up 1 cup of soy sour cream (from Tofu). **Link (at the bottom of the recipe):**

<https://www.bandblegacyfarms.com/soy-kitchen/soylicious-chicken-chili>

STEP 1: Start with a deep skillet. Sauté' your emu steak!

- Salt and pepper emu.
- Add 2 Tablespoons of oil to a large skillet over medium heat for a few minutes.
- Spread thinly sliced emu across the skillet and allow to brown on one side before turning. Brown well. When cooked and the meat is no longer pink remove from the skillet

STEP 2: Cook your vegetables.

- Melt the plant butter in the same skillet over medium heat.
- Add the onion and stir occasionally until the onions are clear and tender.
- Add minced garlic and cook another minute or two, stirring frequently.
- Add mushrooms and stir well until the onion and garlic are mixed with the mushrooms.
- Cook for 3-4 minutes more.

3: Make your cream sauce.

- Add flour to the vegetable mixture and stir until the flour is well blended and there are no lumps.
- Add the chicken or vegetable broth, and Dijon mustard. Mix well and continue stirring frequently as your cream sauce is forming.
- Add soy sour cream and thyme and mix well.
- Continue to stir frequently as the sauce thickens.
- Turn the burner to the lowest setting and simmer for 15-30 minutes. Stir occasionally.

STEP 4: While the cream sauce is simmering, prepare your egg noodles according to package directions.

- Drain cooked noodles in a colander and spoon noodles onto each place.
- Top noodles with the Stroganoff cream sauce.

GARNISH with chopped parsley and just a tiny sprinkle of nutmeg.

ENJOY!