



Stroganoff Base

Using a blend of Flavored Plant Protein + Beef

Yield: 22/6 oz servings (1 Gallon)

Ingredients

- 9 oz #88390 Plant Protein Beef Flavored Strips
- 18 oz beef strips
- 8 oz diced onion
- 12 oz mushroom, canned
- 3 tsp garlic, chopped
- 4 oz vegetable oil
- 4 oz flour
- 32 oz vegetable broth
- 1 oz soy sauce
- 1/2 cup tomato paste
- 2 quarts + 16 oz water
- 1/2 tsp thyme
- 1 oz salt
- 1 tsp pepper
- oil to sauté meat and vegetables

Preparation

- 1) Heat oil over medium heat; brown beef add onions, garlic and mushrooms. Sauté until onions are soft.
- 2) Dust with flour stir 4-6 minutes until vegetables are coated.
- 3) Add vegetable broth, tomato paste, soy sauce, and water. Bring to simmer.
- 4) Add flavored plant protein, salt and pepper allow to cook on low heat for 30-45 minutes. Plant protein will hydrate and mixture should thicken slightly.
- 5) Pan, cart, and chill or serve.