



Beef Stroganoff

Using 100% Flavored Plant Protein

Yield: 22/6 oz servings (1 Gallon)

Ingredients

18 oz	<i>#88730 Plant Protein Beef Flavored Strips</i>
8 oz	diced onion
16 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
16 oz	beef strips
3 quarts	water
3 tsp	salt
1 tsp	pepper

Preparation

- 1) Heat oil over medium heat; 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.