

Baked Tempeh Stroganoff in Mushroom Cream Sauce

Chloe's Vegan Italian Kitchen pg 155

Cook time: 30 min
Serving size: 4
Calories per serving: 50

Ingredients:

1 tablespoon olive oil or Coconut oil
1 (8-ounce) package tempeh thinly sliced
8 ounces sliced mushrooms
1 cup raw cashews
2 cups water
3 cloves garlic pressed
2 teaspoons fresh thyme
2 scallion trimmed and thinly sliced
2 teaspoons salt
dash paprika for garnish



Directions:

In a large nonstick skillet, heat oil over medium-high heat and arrange tempeh pieces in the skillet. Using tongs or a spatula to flip the pieces, brown tempeh on each side, about 5 minutes. Transfer to a plate.

Preheat the oven to 350 F. Lightly grease a 9 x 13 inch pan.

In a blender, thoroughly puree cashews until very fine. Add water, garlic, and salt and blend until smooth. Transfer to a large bowl. Add scallions and half of the thyme to the cashew cream and mix with a spoon.

In the prepared pan, arrange mushroom and tempeh, and pour the cashew cream on top. Dust the top with paprika and cover the pan with foil. Bake for about 30 minutes, or until mushrooms are soft. Garnish with fresh thyme before serving and adjust salt to taste.

May be served over a bed of noodles.