

Stroganoff

Prep Time: 20 minutes

Serves 6

<p>½ med. onion, diced 1 stick celery, diced 5 large mushroom, sliced* 1 T. olive oil</p>	<p>SAUTÉ until onion is clear. POUR into kettle.</p>
<p>*Mushrooms may be replace with another stick of celery</p>	
<p>1½ c. hot water ¾ t. dried parsley pinch (scant) dried dill weed</p>	<p>ADD to kettle. SIMMER <u>covered</u> for ten minutes.</p>
<p>1 c. hot water ¾ c. raw washed cashews 1 T. McKay's Chick Seasoning 1 T. + 1 t. flour 1 T. soy sauce 1 t. yeast flakes ½ t. salt ½ t. onion powder ? t. celery salt</p>	<p>WHILE VEGGIES SIMMER: WHIZ these ingredients in blender until smooth and creamy.</p>
<p>1½ c. diced Cedar Lake frozen Chicken roll or gluten of choice</p>	<p>ADD vegemeat and blended sauce to simmering veggies. STIR AND SIMMER over <u>MEDIUM</u> heat until thickened and bubbly.</p>
<p>½ c. dairy-free sour cream</p>	<p>STIR into thickened sauce. SERVE over noodles, rice or baked potatoes.</p>

This sauce is rich and creamy