

# Joy of Living Cooking School

## April 2023 – Mushroom Meals

### Mushroom Stroganoff (6 Servings)

- 1/4 cup Lemon Juice
- 1/4 cup Water
- 1 Yellow Onion, diced
- 5 Garlic Cloves, Minced
- 1 pound Button Mushrooms, sliced
- 1 tablespoon Paprika
- 3 tablespoons Liquid Aminos
- 1 tablespoon Tahini
- 1 tablespoon Cornstarch
- 2 cups Oat Milk (sugar-free)
- 1/2 cup Black Olives, chopped
- 1/3 cup Nutritional Yeast
- 1/4 cup Parsley, chopped



Nutrition Facts	
Servings: 6	
Amount per serving	
<b>Calories</b>	<b>150</b>
	% Daily Value*
Total Fat 4.1g	5%
Saturated Fat 0.9g	5%
Cholesterol 3mg	1%
Sodium 489mg	21%
Total Carbohydrate 20.4g	7%
Dietary Fiber 4.7g	17%
Total Sugars 6.8g	
Protein 12.7g	
Vitamin D 273mcg	1384%
Calcium 226mg	17%
Iron 5mg	28%
Potassium 655mg	12%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calories a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**

Preheat a large skillet over medium-high heat. Add the lemon juice, water, and onions. Cook for 3 minutes until the onions are soft and most of the liquid has evaporated. Add the mushrooms and cook for approximately 5 minutes, until the mushrooms release their liquids and brown slightly. Stir frequently to prevent sticking.

Add the paprika and stir for 30 seconds. Add the liquid aminos and tahini. In a small dish combine the cornstarch with 1-2 tablespoons of the non-dairy milk to make a slurry. Whisk until smooth. Add the remaining milk and cornstarch slurry to the pan, Stir until thoroughly combined. Heat to a simmer and reduce heat to low. Continue to simmer for 5 minutes until the sauce thickens. Add the olives, nutritional yeast, and parsley.

Serve warm over brown rice or pasta.

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## April 2023 – Mushroom Meals

### **Mushroom Stir Fry (4 Servings)**

8 oz. Button Mushrooms, sliced  
8 oz. Crimini Mushrooms, sliced  
2 tablespoons Water  
3 Garlic Cloves, Minced  
1 Tablespoon Ginger, grated  
1 Yellow Onion, sliced thin  
1 Red Bell Pepper, sliced thin  
1/2 cup Sugar Peas, sliced  
1 cup Bean Sprouts  
1/4 cup Coconut Aminos  
1/4 cup Lime Juice  
2 tablespoons Liquid Aminos  
1/4 cup Cilantro Leaves  
1 teaspoon Sesame Seeds



Nutrition Facts	
Servings: 4	
Amount per serving	
<b>Calories</b>	<b>91</b>
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.1g	1%
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 16.3g	6%
Dietary Fiber 2.3g	8%
Total Sugars 4.7g	
Protein 6.8g	
Vitamin D 204mcg	1021%
Calcium 41mg	3%
Iron 3mg	15%
Potassium 652mg	14%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Prep and measure all ingredients before starting.

Preheat a large skillet over medium-high heat. Add the mushrooms and water. Cook undisturbed until the mushrooms release their liquid, about 3 minutes. When the mushrooms begin to soften, increase the heat to high and stir frequently to prevent sticking. Continue to cook until the liquid evaporates, and the mushrooms darken, approximately 5 minutes. Remove the mushrooms from the pan and set aside.

Wipe the skillet clean and reheat on medium-high. Add the onions and stir frequently to prevent sticking until the onions begin to brown. Add the garlic and ginger. Stir for 15 seconds. Add the peppers, peas, and sprouts. Continue to cook, mixing constantly, for 2 minutes until the bean sprouts soften. Return the mushrooms to the pan. Add the coconut aminos, lime juice, and liquid aminos. Continue to stir and cook for 1 more minute until the sauce reduces slightly. Remove from heat and add the cilantro and sesame seeds. Stir to combine.

Serve warm over brown rice.