

Mushroom Stroganoff

From : Adam Curry

| Prep Time: 30 Minutes

| Cook Time: 45 Minutes



Directions

- In a 5- or 6-quart pot, combine water, potatoes, 1 cup of the onions, and vegetable broth base. Bring to a boil.
- Reduce heat to medium and cook, covered, for about 20 minutes, or until potatoes begin to dissolve and form a broth. Stir occasionally.
- Meanwhile, in a large skillet, sauté the reserved ½ cup onions with the mushrooms in butter until the onions are tender and the mushrooms have reduced in size. (The skillet should still contain a small amount of mushroom juices released during cooking.)
- Add tamari (soy sauce), Spike seasoning, basil, parsley, garlic, and celery seed to the mushroom mixture. Sauté for 2 minutes more.
- Add the mushroom mixture to the soup base.
- In a blender, combine cream cheese, Cheddar cheese, blue cheese, sour cream, and milk. Blend until smooth, then add to the soup.
- Add peas and noodles. Heat gently, stirring often, until the peas are tender and the soup is thoroughly heated.

Ingredients

- 6 cups water
- 5½–6 cups (3 medium) diced russet potatoes, unpeeled
- 1½ cups diced yellow onion (reserve ½ cup)
- 2 Tbsp. Better Than Bouillon vegetable broth base
- 4 Tbsp. butter
- 6 cups (1 lb.) sliced mushrooms
- ¼ cup tamari (soy sauce)
- 8 oz. cream cheese
- 4 oz. shredded sharp Cheddar cheese
- 1 oz. (2 Tbsp.) crumbled blue cheese
- 2 cups (1 pint) sour cream
- 1 cup milk
- 1 cup frozen peas
- 6 oz. whole wheat farfalle (or other pasta of your choice)
- 2 Tbsp. Spike
- 1 Tbsp. dried sweet basil
- 1 Tbsp. dried parsley flakes
- 1 Tbsp. granulated garlic
- 2 tsp. whole celery seed

Toppers/Sides

- Green Onions
- Sourdough Bread

Notes

Do not allow the soup to boil after adding the dairy mixture, or the milk may curdle.

