

Vegan Mushroom Bourguignon

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- 2 cups hot water
- 1 vegan beef flavoured bouillon cubes
- 2 tbsp vegan butter
- 12 oz/350 g pearl onions, halved (about 2 cups halved) OR 2 cups diced onion (about 2 onions)
- 2 carrots carrot diced (about 2 cups)
- 2 parsnips diced (about 2 cups)
- 5 cloves garlic, minced
- 2 tsp fresh chopped rosemary
- 2 tsp fresh thyme
- 1 tsp poultry seasoning
- 1/2 tsp dried oregano
- 10 oz cremini mushrooms, sliced
- 3 portobello caps, sliced
- 2 tbsp tomato paste
- 1 tsp salt
- 1 tsp ground pepper
- 1 cup red wine
- 2 tbsp cornstarch + 2 tbsp water
- 10 oz / 300 g ribbon style noodles
- 2 tbsp vegan butter
- 2 tbsp fresh chopped parsley
- sea salt and ground pepper to taste

Preparation

1. Combine hot water with the bouillon and set aside. Alternatively you could use 2 cups of vegetable stock.
2. Place the stockpot over medium heat with vegan butter and sauté onions for 3 to 5 minutes until just getting some light golden colour, then add the carrots and parsnips and sauté for another 4 to 5 minutes.
3. Stir in garlic, rosemary, thyme, poultry seasoning, and oregano and cook for 1 to 2 minutes.
4. Add mushrooms and cook 3 to 4 minutes until mushrooms looks softer and have shrunk a bit in size. Then add tomato paste, sea salt, and ground pepper - stir to coat evenly and cook for another 1 minute.
5. Add the red wine and bring to a simmer for 3 minutes.
6. Add the stock and place lid on, turn the dial to the cook function, and bring to pressure.
7. Mix cornstarch and water and set aside.
8. Once you see the pressure indicator reduce the heat to low and cook for 20 minutes.
9. Meanwhile halfway through the cook time for the mushroom bourguignon you can boil another pot of salted water and cook pasta to al dente. Drain, but do not rinse. Add the pasta back to the pot you cooked it in and combine with vegan butter, fresh parsley, and salt and pepper to taste.
10. Turn the dial of the pressure cooker to depressurize and once released remove the lid. Stir in the cornstarch slurry and simmer for 3 more minutes with the lid off until slightly thickened.
11. Serve immediately over pasta! Refrigerate or freeze leftovers and heat through before serving. Should be consumed within 4 to 5 days fresh, or can last up to 1 month if frozen.

This recipe was developed by Lauren Toyota from Hot For Food.