

Raw Mushroom Stroganoff

Ingredients

For the Marinated Mushrooms

- 16 oz Baby Bella Mushrooms, Sliced Thinly
- 1/2 a red onion, cut into half moons
- 1/2 red bell pepper, sliced into fine slivers
- 2 garlic cloves, minced
- 1/4 cup soy sauce or Tamari

For the Sauce

- 1/2 cup of water
- 1 cup of raw almonds, soaked (in water) for at least one hour, drained and rinsed.
- 1/4 cup nutritional yeast
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tbsp almond butter
- 1/2 tsp paprika
- 1/4 tsp thyme
- 1/2 tsp salt
- 1/4 tsp black pepper
- Pinch of ground nutmeg
- Pinch of cayenne pepper

1. Place the vegetables in a medium bowl with soy sauce or tamari, let sit for 15-20 minutes
2. While the mushrooms are marinating, blend the ingredients for the sauce in a high speed blender until smooth

3. Once the mushrooms are done marinating, Drain over a bowl. Reserve the soy sauce because you may need it for the next step
4. Place mushrooms in a shallow baking dish or pie plate. It doesn't matter as long as the dish fits into the dehydrator. Pour the blended sauce on top and toss to coat. If you would like the sauce to be thinner, add the reserved soy sauce from the mushrooms 1 tbsp at a time.
5. Dehydrate at 115 degrees F for 2 hours, stirring occasionally
6. Serve over vegetable pasta or eat alone.