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## Mushroom Stroganoff <sup>••</sup>

Mushroom Stroganoff is a classic Russian dish made with sautéed mushrooms and a creamy sauce. It is typically served over egg noodles or rice. This vegetarian version of the dish replaces the traditional beef with mushrooms, making it a delicious and hearty vegetarian meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	Mushrooms
50 g	butter
100 g	onion
2 cloves	garlic

<b>30 g</b>	flour
<b>250 ml</b>	vegetable broth
<b>200 g</b>	sour cream
<b>2 tsp</b>	dijon mustard
<b>10 g</b>	Parsley
<b>1 tsp</b>	salt
<b>0.5 tsp</b>	black pepper
<b>250 g</b>	egg noodles

## Directions

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### Step 1

#### Cutting

Slice the mushrooms.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

### Step 2

#### Stove

Melt the butter in a large skillet over medium heat. Add the mushrooms and cook until they release their liquid and start to brown, about 5 minutes. Remove the mushrooms from the skillet and set aside.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 3

Stove

In the same skillet, add the onion and garlic. Cook until the onion is translucent, about 5 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 4

Stove

Sprinkle the flour over the onion and garlic. Cook for 1 minute, stirring constantly.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

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### Step 5

Stove

Slowly whisk in the vegetable broth, scraping the bottom of the skillet to release any browned bits. Bring to a simmer and cook until thickened, about 3 minutes.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

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## Step 6

Stove

Stir in the sour cream, Dijon mustard, parsley, salt, and black pepper. Add the cooked mushrooms and stir to combine. Cook for an additional 2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

## Step 7

Boiling

Meanwhile, cook the egg noodles according to the package instructions. Drain.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

## Step 8

Serve the mushroom stroganoff over the cooked egg noodles.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 8 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	8 mg	72.73%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Breakfast

Lunch

Snack

Supper

Brunch

Dinner

### Course

Breads

Salads

Soups

Snacks

### Cultural

Chinese New Year

Diwali

Passover

Christmas

### Cost

Under \$10

\$10 to \$20

\$20 to \$30

## Difficulty Level

Medium

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