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Vegan Portobello Stroganoff

Vegan Portobello Stroganoff is a plant-based version of the classic Russian dish. It features tender portobello mushrooms cooked in a creamy sauce made from cashews and vegetable broth. This vegan twist on a comfort food favorite is sure to satisfy your cravings and impress your guests.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	portobello mushrooms
150 g	Cashews
250 ml	vegetable broth
100 g	onion

2	garlic
cloves	
2 tbsp	olive oil
2 tbsp	soy sauce
1 tsp	dijon mustard
1 tsp	Paprika
2 tbsp	Nutritional Yeast
1 tsp	Salt
0.5 tsp	Black pepper
10 g	fresh parsley

Directions

Step 1

Cut

Slice the portobello mushrooms and dice the onion and garlic.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Sautéing

In a large skillet, heat olive oil over medium heat. Add the onion and garlic and sauté until translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Cooking

Add the sliced mushrooms to the skillet and cook until they release their moisture and become tender.

Prep Time: 0 mins

Cook Time: 10 mins

Step 4

Blending

In a blender, combine the cashews and vegetable broth until smooth and creamy.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Cooking

Pour the cashew mixture into the skillet with the mushrooms. Stir in soy sauce, Dijon mustard, paprika, nutritional yeast, salt, and black pepper. Cook until the sauce thickens.

Prep Time: 2 mins

Cook Time: 5 mins

Step 6

Serving

Serve the vegan Portobello Stroganoff over cooked pasta or rice. Garnish with fresh parsley.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 230 kcal

Fat: 12 g

Protein: 12 g

Carbohydrates: 19 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	19 g	34.55%	38%
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)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	12 g	42.86%	48%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	550 mg	23.91%	23.91%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	520 mg	15.29%	20%
Zinc	1 mg	9.09%	12.5%
Selenium	7 mcg	12.73%	12.73%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian Chinese Indian

Diet

Vegan Diet Raw Food Diet Pescatarian Diet Ovo-Vegetarian Diet
Lacto-Vegetarian Diet Lacto-Ovo Vegetarian Diet Fruitarian Diet
Engine 2 Diet Blood Type Diet Ayurvedic Diet
Traditional Chinese Medicine (TCM) Diet Anti-Inflammatory Diet
The Acid Reflux Diet Gluten-Free Diet

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Medium

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