



Portabella Stroganoff

1 pound of cooked wheat bowtie noodles
1/2 small diced yellow onion
3 cloves of minced garlic
5 sliced portobello mushrooms
2 tablespoons of unsalted butter
1 1/2 tablespoons of all purpose flour
1 1/2 cups of vegetable stock
2 cups of baby spinach
1/2 cup of sour cream
Kosher salt and fresh cracked pepper to taste

Makes 4 servings

Procedures:

In a large saute pan on medium high heat add in the butter until melted and saute the onions and garlic until lightly brown.

Next, add in the mushrooms and saute until light brown. Once brown sprinkle on the flour and stir in.

Add in the vegetable stock and heat until it becomes thick.

Finish the sauce by adding in the spinach and sour cream.

Season with salt and pepper, toss with cooked pasta and serve.