

Hungarian Greetings..

Vegan Mushroom Gulyás



Ingredients for 3 portions à 200 g

- 5 handful fresh mushrooms (400 g)
- 1 big onion (90 g)
- 1 small packet soy or oat cuisine cream (200 ml)
- 2 big garlic toes (7 g)
- 1 spoon flour or starch
- Balsamic vinegar (20 ml)
- Paprika, cayenne pepper, coreander, nutmeg, pepper, salt, rosemary

Equipment

- Wok OR pan and spoon
- Spoon and kitchen scale for measuring
- Sharp knife and cutting board for chopping

Health Benefits

Mushrooms bring **fibre, minerals** and **vegan protein** into this recipe. In ancient Greece, Rome and Egypt, mushrooms were known as “food for the gods“ due to their various health benefits. They contain a wide range of B vitamins and minerals such as selenium and zinc and other anti oxidative substances.

No meat, eggs or dairy products, therefor you take up **zero unhealthy fats**, instead vegetable oil provides some **essential fatty acids** your body needs! The soy cream contains small amounts of **phyto sterols** which help maintaining a **healthy blood cholesterol level**.

Nutritional value:		
	Whole dish	1 portion (200 g)
Energy (kcal)	564	160
Carbs (g)	28	8
Fat (g)	37	11
Protein (g)	25	7
Fibre (g)	11	3,1

Caution: To avoid colour changes, that were associated with a reduction in the **mushrooms'** phytonutrient content, don't **store** them at room temperature but **at around 38°F/3°C** (temperature setting for your refrigerator) as soon as possible!

Instructions

You might want to eat this dish with pasta, potatoes or dumplings. on the side, if you choose potatoes just wash them well and boil them in a big pot while you prepare the gulyas.

Firstly, peel the onion and the garlic, wash the mushrooms carefully in the sink and remove dry ends with a knife. Now mince the onion into cubes, heat the pan and roast them inside until they smell a bit caramellized and are slightly browned. Also cut the mushrooms into chunks (~3 cm) and roast them with the onions. Add the spices, some water, either chop the garlic into small pieces or use a garlic crusher, and stir everything well.

When the mushrooms are soft and ready to eat, add the plant cream. While the sauce simmers, stir the balsamico into the sauce as well. To make it more creamy, take one tablespoon of flour or starch and dust it over the sauce, stir it in with a fork and let it boil until it reached a creamy consistency.

Finally, top with some fresh rosemary for decoration.