

Mushroom-Asparagus Stroganoff

Boil water for 1 pound of **bow-ties, penne, linguini or fettucini**. Cook pasta simultaneously with the stroganoff sauce.

optional:

1 oz. dried **shitake mushrooms**

Soak in tap water. When they are mostly soft (10-20 minutes) they should each be rinsed under running water to remove any grit, especially from the underside of the mushroom. Cut into bite sized pieces.

Pan fry:

12-16 oz. firm **tofu**

2 Tbsp. **canola oil** (store oil in fridge when not in use)

Drain the tofu and cut into bite sized cubes. Spray non-stick pan with cooking oil (Pam) then pan fry the tofu on medium high. (Optional: drip a few drops of soy sauce or tamari sauce on the tofu as it fries to add some flavor). Fry until golden brown (about 5 minutes per side). Remove from pan.

In 3-5 quart pan add:

1 teaspoon **olive oil**

1 pound **button mushrooms**, sliced

1/2 pound **Portobello mushrooms**, sliced

1 medium chopped **red onion**

5 cloves **garlic**, minced

Sauté for about 5 minutes. Use a few teaspoons of **water** to prevent vegetables from sticking.

Add to the pan:

the **shitake mushrooms** prepared as above (or use extra portobello mushrooms)

1/2 cup **water**

1/4 cup **dry red wine**

2 Tablespoons **soy sauce** or **tamari**

1 1/2 tsp. **salt**

3 Tablespoons fresh or 1 teaspoon dried **dill weed**

1 teaspoon **paprika**

1 pound **asparagus** cut into bite sized pieces

Simmer for about 8-10 minutes until asparagus is done.

Add to the mushroom-asparagus mixture:

salt to taste

4 cups **plain soy (Silk) yogurt**

tofu as prepared above

Ladle sauce onto pasta. Serves ~ 3 people.

Heat through.

Remove from heat then add:

1/4 teaspoon **black pepper**