

# Stroganoff with Cabbage and Peppers

This meal makes me happy! It's time for Stroganoff. This 19<sup>th</sup> century German/Russian dish has gained worldwide popularity. The version you'll cook tonight starts with thin-sliced, plant-based Chick'n Strips. They're combined with browned mushrooms, onions and dill pickles in a yogurt-based gravy generously seasoned with paprika. It's served over noodles and accompanied by a spicy version of seared cabbage and peppers.

I grew up eating comfort food meals like this. Well, maybe not the cabbage and peppers, but a similar version of the Stroganoff dish. **Preparation time: 65 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize your ingredients on plates or in bowls. Today you'll have two different preps for the onion: 1-1/2 C. chopped onion for the Stroganoff and 1-1/2 C. sliced sweet onion for the Cabbage and Peppers. You'll also prep a total of 3 cloves chopped garlic: 2 for the Stroganoff and 1 for the Cabbage and Peppers. Dissolve 2 cubes "Not Chick'n Bouillon" in 4 C. hot water as part of your prep.

### Chick'n Strips or Optional Meat Choice

#### Chick'n Strips:

1 tsp. olive oil  
20 pieces Morningstar Chick'n Strips  
1/2 C. white wine

#### Optional Meat Choice

1 tsp. olive oil  
6 oz. raw turkey breast or round steak  
1/2 C. white wine

### Stroganoff

1 tsp. olive oil  
8 oz. Cremini Mushrooms (sliced)  
  
2 tsp. olive oil  
2 cloves of garlic (smashed and chopped)  
1-1/2 C. onion (chopped)

2 C. "Not Chick'n Bouillon" broth  
1/2 C. white wine  
1 bay leaf  
3 tsp. mild Hungarian paprika

3 T. flour  
shaken until smooth in a small jar with  
2/3 C. nonfat milk

1 C. dill pickle (chopped)

8 oz. dry egg noodles  
- or -  
8 oz. fresh fettuccine noodles (cut into 2" long noodles)  
3/4 C. plain, nonfat yogurt (stirred smooth)

### Seared Cabbage and Peppers

2 T. canola oil  
1-1/2 C. sweet onion (thin sliced)  
3 C. green cabbage (thin-sliced)  
3/4 C. red bell peppers (seeded and sliced)  
3 T. jalapeño pepper (seeded and chopped)  
1 clove garlic (smashed and chopped)  
1/4 C. Not Chick'n broth  
1/4 tsp. chili powder  
1 T. rice wine vinegar  
1 T. brown sugar  
pinch of salt

Put noodle water  
on to boil.

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

You'll use a large, deep sauté pan to cook the Stroganoff. Brown the meat and deglaze the pan with white wine. Place the browned meat and deglazing liquid aside in a bowl to add to the Stroganoff later. Use the same pan to brown the mushrooms and make the sauce.

### Chick'n Strips or Optional Meat of Choice

Chick'n Strips Brown plant-based Chick'n strips in oil. Add the wine and boil while rubbing the pan with a spatula to bring up brownings in the pan. Remove browned strips and any excess wine from pan and set aside. When cool enough to handle, thin-slice Chick'n Strips lengthwise.

Optional Meat Choice Use the same method for turkey or beef. Simply thin slice the meat before you brown it. Add 1/2 C. wine and bring up brownings. Remove browned meat and any excess wine liquid from the pan and set aside.

### Stroganoff

1. Using the same sauté pan, add another tsp. oil, and brown mushrooms. When browned, remove from pan and set aside.
2. Add oil, garlic and chopped onion to pan. Toss over medium-high heat until onion begins to brown. Return mushrooms to pan.
3. Measure and add bouillon broth, white wine, bay leaf, and paprika to onion mixture. Cook 5 minutes over medium heat. Store remaining leftover broth in the fridge.
4. Thicken liquid in the pan with flour roux and reduce heat to low. Add dill pickle and browned Chick'n Strips (or optional meat) with deglazing liquid. Cook another 10 minutes over low heat.
5. While Stroganoff finishes cooking, drop noodles of choice into boiling water and cook per package instructions or until noodles are tender. Drain and rinse.

(You'll add the yogurt to the Stroganoff just before serving.)

### Seared Cabbage and Peppers/Serve

1. Heat canola oil in another large sauté pan until it begins to shimmer. Slide thin-sliced sweet onion and cabbage into the oil. Sear and toss until cabbage and onion begin to char.
2. Add sliced red bell peppers and jalapeño peppers.
3. Mix garlic, broth, chili powder, vinegar and brown sugar in a small bowl and stir until sugar is dissolved. Stir garlic/spice mixture into cabbage and peppers and reduce heat to low. Toss 3-5 minutes until liquid is absorbed. Add a pinch of salt.

Serve the meal. Measure about 1-1/2 C. cooked noodles onto dinner plates. You may need to rewarm the noodles on the individual plates for about 30 seconds in the microwave. Return Stroganoff to a boil. Remove from heat and stir yogurt into Stroganoff sauce. Spoon 1-1/2 C. Stroganoff over the top of each noodle serving. Spoon 1 C. Cabbage and Peppers alongside.

### What I've Learned from this Recipe

You're using nonfat yogurt to finish the stroganoff. It adds a little extra creamy zip to the finish of the gravy with a fraction of the fat of sour cream. You can heat the stroganoff slightly after adding the yogurt. Don't let it return to a boil however, as the yogurt may curdle.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)