

# PERCOLATE KITCHEN

*weeknight cooking for working parents*

## Freezer Meals Class: May 5th, 2019

This hearty, meat-free stroganoff is kid-friendly and simple to make. Serve with cooked egg noodles on the side.

### MUSHROOM STROGANOFF: PREP CHECKLIST

#### Supplies needed:

- Cutting board
- Chef's knife
- Measuring cup and spoons
- Freezer-safe gallon ziplock bags, labels and baggy rack

#### To cut:

- Peel and dice onion and garlic
- Slice mushroom caps into 1" slices, or, if using baby mushrooms, halve or quarter them

\*\*Add ingredients to large freezer-safe ziploc bag as they are cut.

#### Add to bag:

- Toss mushrooms in flour, then add to bag.
- Add bouillon cube, Worcestershire sauce, and seasonings.

#### NOTE:

Do NOT add sour cream to the bag. This is added at serving time.

#### Label instructions:

Thaw as needed.

*Slow cooker instructions:* Add ingredients to crock, including water for bouillon cube. Cook on low for 5 hours, high for 3. Just before serving, stir in sour cream until smooth.

*Instant Pot instructions:* Add ingredients to Instant Pot, including water if bouillon cube is used.

Secure lid and set valve to seal. Cook on High Pressure for 10 minutes, with Natural Pressure Release. Once the lid is removed, stir in sour cream until smooth.

*Stovetop instructions:* Add ingredients, including water for bouillon cube, to large saute pan over low heat. Cook 30-40 minutes until the onions are soft and liquid has reduced. Just before serving, stir in sour cream until smooth.

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## MUSHROOM STROGANOFF: RECIPE

*Note: If portobello mushrooms cannot be found, substitute baby bella mushrooms and slice in half or quarters instead of strips.*

*If cooking in slow cooker, you may swap the broth for bouillon cubes, then add water at cooking time, as the instructions on the package dictate. This works great when freezing, and will help with thaw time.*

### **Ingredients:**

- 1 large onion, peeled and diced
- 2 cloves garlic, peeled and diced
- 1 pound portobello mushrooms, stems removed, sliced into thick strips
- ¼ cup white flour
- 1/2 cup chicken or vegetable broth
- 2 tablespoons Worcestershire sauce
- 1/2 teaspoon ground thyme
- ½ teaspoon salt
- 1/2 cup sour cream

### **Method:**

*Slow Cooker:* Add the mushrooms and white flour to the crockpot, and toss to coat. Add the onions, garlic, and remaining ingredients and stir to coat everything evenly. Cook low for 5 hours, high for 3, until onions are cooked through and tender. Once cooked, stir in the sour cream until smooth.

*Instant Pot:* Toss the mushrooms and the flour together, then add to the crock with remaining ingredients except sour cream. If using bouillon cube, add water. Cook High Pressure 10 minutes, Natural Pressure Release. Once cooked, stir in sour cream til smooth.

*Stovetop:* Heat 2 tablespoons olive oil over medium heat until shimmering and add the onions, garlic, and mushrooms and seasonings. Once the onions have started to soften, add the water or broth. Cook 10-12 minutes, stirring occasionally, until liquid has reduced. Stir in sour cream until smooth.

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