

Stroganoff

1 Can Super Links quartered (a vegan substitute can be used)
3 lbs White mushrooms sliced
1 28oz. Can stewed tomatoes or 4 big ripe tomatoes.
1 big onion, chopped
2 big carrots, finely chopped
2 bay leaves

Cook till most of the water has been evaporated.

Add 5 crushed cloves garlic.

Blend 2 C raw cashews (well washed) with ice water to make a very smooth paste. Incorporate with the cooked vegetables.

To blend the flavors, now cook for another 5 minutes.

Finally, add 1.5 C frozen peas.

Salt to taste and add ¼ tsp cayenne pepper (this last one is optional).

Some people add a bunch of freshly chopped parsley at the end.

Serves 8 portions

Serve over a bed of rice, mashed potatoes or fettuccini.