Mushroom Bourguignon

Ingredients

- 8 Tablespoons vegan butter or extra-virgin olive oil (more if needed)
- 2 pounds mixed mushrooms to prepare 10 cups of 1-inch chunks (I used Baby-Bellas, white and oyster)
- 1 large yellow onion, peeled and cut into thin slices
- 6 shallots, peeled and diced
- 1 large leek or 2 small leeks, white and light green parts, cut lengthwise and sliced thinly
- 1 2 large carrots, diced
- 2 Tablespoons tomato paste
- 3 Tablespoons gluten-free flour blend
- 1.5 cups veggie broth
- 1 ½ cups dry red wine or more veggie broth
- 2 Tablespoons coconut aminos or tamari sauce
- Leaves from 3 fresh thyme branches or 1/2 teaspoon dried thyme
- 2 bay leaves
- ½ teaspoon smoked paprika

Directions

- 1. Heat a large heavy skillet, melting 2 tablespoons butter, and begin sauteeing mushrooms in batches. Add additional butter for each new batch.
- 2. Add carrots to the leeks and shallots and the previously prepared mushrooms and onions. Sprinkle in flour, stirring to coat all vegetables.

- 3. Over low heat, slowly add vegetable broth, blending well to avoid any lumps. The mixture will begin to thicken.
- 4. Add tomato paste and remaining broth or wine, coconut aminos, herbs and paprika. Cover and allow to simmer until carrots are tender and the flavors have melded.
- 5. Remove bay leaves before serving.

Enjoy over vegan mashed potatoes, gluten-free noodles or my herbed vegan polenta. You may just have to make this recipe three times to enjoy each variation. \sqcap