Mushroom Bourguignon

If a rich and comforting meal is in order, then look no further. We can thank Melissa Clark from NYT for inspiring my vegan and gluten-free recipe below. Just a word of warning, the leftovers are even better and highly sought after, so you will need to prepare extra or find a good hiding place. 🙂

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
- 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. 🍽