



Ashley's Meal Prep Monday!



Stroganoff

INGREDIENTS

- 2 lb ground meat (I used venison)
- 1 med onion, chopped
- 8 oz mushrooms, diced
- ½ cup vegan butter
- ½ cup GF flour
- 2 cups beef broth
- ½ cup almond milk
- 1 TBSP Worcester Sauce
- 1 TSP salt
- ¼ TSP pepper
- 1 TSP garlic salt
- 1 16 oz package of frozen veggies

In a large skillet, add a little oil to the pan and brown the ground meat over medium heat. When the meat is almost halfway cooked, add the onion and mushrooms. I also added in frozen carrots at this point just to get them to cook down a bit. Stir periodically to ensure everything cooks evenly.

Add in the butter and stir until melted. Slowly add the flour, stirring so that it is absorbed evenly. Slowly add in the broth, about a half cup at a time. Stir until the mixture is smooth. Add the almond milk and reduce heat and simmer until the gravy begins to thicken. Add in the other frozen veggies, I used peas, and stir until combined. Simmer until ready to eat on top of noodles, rice, or whatever your heart desires.



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