



Mushroom and Pepper Stroganoff - Serves 4

Ingredients:

- 1 tbsp margarine
- 1 medium onion, peeled and sliced
- 1 green pepper, sliced
- 1 red pepper, sliced
- 450g mushrooms, wiped and cut into quarters
- 2 tbsp plain flour
- 280ml vegetable stock (or water)
- 1 ½ cups (325g) long grain rice
- 150g carton natural yoghurt
- Pepper to taste
- 1 dessertspoon dried parsley (optional)

Method:

1. Heat the margarine in a saucepan until melted.
2. Add the onion and peppers and cook over a medium heat for 2-3 minutes, or until they have begun to soften
3. Stir in the mushrooms and cook for 1-2 minutes.
4. Sprinkle over the flour and stir until the vegetables are evenly coated
5. Remove the saucepan from the heat and gradually stir in stock or water
6. Return to the heat and bring to the boil, stirring continuously until the sauce has thickened
7. Reduce the heat, cover the saucepan and simmer for 10-15 minutes or until the vegetables are tender, stirring occasionally

8. Meanwhile, cook and drain the rice as directed on the packet
9. Remove the stroganoff from the heat and allow standing for 1-2 minutes before stirring in the yoghurt, season to taste
10. Divide the cooked rice between 4 warmed serving plates and top with the mushroom stroganoff
11. Serve immediately, garnished with the parsley and accompany with a crisp green salad

Alternatives

- You can add any meat to this dish such as chicken, pork or beef – stir in the cooked meat just before stirring in the natural yoghurt.
- Serve with pasta rather than rice.
- Add a tin of butter beans for a more filling meal.

Did you know ?

Compared with white rice, brown rice is more nutritious because it contains bran, which is a source of fibre, oils, B vitamins, and important minerals. Remember cooked rice should never be left out at room temperature for more than 90 minutes.

There are many health benefits from eating a vegetarian diet. They are lower in fat than meat. Foods such as grains, vegetables, bean, fruit and pasta are cheaper to buy than meat. It is important to have a variety of different vegetables, grains beans and pulses (i.e. lentils) to make sure you get all the nutrients you need. Vegetables contain many essential nutrients needed to protect us from disease.

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