

Mushroom Étouffée

Swick

Makes 4 servings | Active Time: 20 minutes | Total Time: 25 minutes

Making the Dish

To make the sauce, in a large saucepan, melt the vegan butter over medium-high heat. Add the onion, celery, and bell pepper, and cook, stirring occasionally, until the vegetables are tender, about 10 minutes.

Add the flour and cook, stirring, until the flour begins to brown and gives off a nutty aroma, 3 to 4 minutes. Add the garlic and cook, stirring, 1 more minute.

Add the broth, tomato sauce, sherry, tomato, bay leaves, and salt and pepper to taste, and bring to a simmer.

To make the mushroom “crawfish,” combine all the ingredients in a large bowl. Let stand for at least 5 minutes.

Add the seasoned mushrooms to the sauce and simmer for 3 minutes. Stir in the green onion and parsley. Taste and adjust seasonings as needed.

Serve hot over cooked brown rice. Garnish with green onions and parsley.

Step 1: Making the Dish

- FOR THE SAUCE:
 - 1/4 cup vegan butter
 - 1 yellow onion, chopped
 - 1 large stalk celery, chopped
 - 1 green bell pepper, diced
 - 1/4 cup whole wheat flour
 - 3 garlic cloves, minced
 - 3 to 4 cups vegetable broth
 - 1/2 cup tomato sauce
 - 1 tablespoon sherry, dry white wine, or apple cider
 - 1 tomato, diced
 - 2 bay leaves
 - Salt
 - Freshly ground black pepper
 - 1 bunch green onions, chopped, plus additional for garnish
 - 1/4 cup finely chopped parsley, plus additional for garnish
- FOR THE MUSHROOM “CRAWFISH”:
 - 1 1/2 pounds white mushrooms, stemmed and quartered 1 1/2 teaspoons salt
 - 3/4 teaspoon celery seed
 - 3/4 teaspoon paprika
 - 3/4 teaspoon garlic powder
 - 3/4 teaspoon cayenne
 - Freshly ground black pepper
 - Zest and juice of 1 lemon