

# TVF Creamy Beef and Mushroom Pasta Stroganoff

The  Vegan Factory  
Tasty vegan food



4 servings

## INGREDIENTS

- 500 g | 1 lbs Vegan Fettuccine
- 4 tablespoons vegan butter, divided
- 1 onion, chopped
- 4 cloves garlic, crushed or minced
- 1 pound (500 grams) sliced mushrooms
- 16 oz TVF Asada
- 2 teaspoons Dijon mustard
- 1 teaspoon paprika, (smoky or mild)
- 1/3 cup dry white wine, (or more if you like it stronger)
- 2 cups vegan beef broth, (or 2 cups water mixed with 1 tablespoon vegan stock powder)
- 2 tablespoons flour
- 1 tablespoon vegan Worcestershire sauce
- Salt and pepper to taste
- 1 cup vegan sour cream or vegan creamer (I like Silk brand)
- Freshly chopped parsley to garnish

## DIRECTIONS

1. Boil the pasta in a large pot of boiling salted water according to packet instructions until al dente. Remove, strain and set aside.
2. While pasta is boiling, melt 2 tablespoons of butter in a large non-stick frying pan over medium heat. Cook the asada until heat and brown to your preference 5-6 minutes. Transfer to a separate plate and set aside.
3. Melt the remaining butter in the pan, add the onions and sauté until transparent, then add the garlic and fry until just fragrant (about 30 seconds).
4. Add the mushrooms and cook until the mushrooms are tender and cooked through (about 4 minutes). Mix in the mustard and paprika.
5. Add the wine and cook for about 3 minutes while stirring occasionally to mix all the flavors through, deglazing the pan while scraping any browned bits off the bottom of the pan with your spoon. Allow wine to reduce to about half the amount (about 3 minutes).
6. While wine is reducing, grab a small jug and whisk together the vegan broth (or stock), flour and vegan Worcestershire sauce until smooth. Pour the vegan broth mixture into the pan, mix well, and bring to a simmer for about 5 minutes, stirring occasionally until the sauce begins to thicken.
7. Return the asada and any juices from the plate to the pan and season with any extra salt and pepper (if desired). Reduce heat down to low and mix in the vegan cream. Heat until hot (do not boil).
8. Add the pasta or noodles into the pan and garnish with parsley.
9. Enjoy your amazing creation!

# TVF Lomo Saltado

Hot white rice for serving



4 servings

## INGREDIENTS

- 2 tablespoons vegetable oil, divided
- 8 oz TVF Asada
- ½ red onion, sliced
- 1 medium tomato, sliced
- 2 cloves garlic, minced
- 1 teaspoon aji Amarillo paste (Peruvian yellow hot chili peppers)
- 1-2 tablespoons light soy sauce
- 1 tablespoon of dry white wine
- 1 tablespoon fresh cilantro, chopped
- 1 lb. French fries

cooked, hot white rice for serving, optional.

## DIRECTIONS

1. Heat 1 tablespoon of oil in a large pan over high heat. Add the asada and cook until heat and browned to your preference 5-6 minutes. Remove from the pan.
2. Heat the remaining tablespoon of oil in the same pan, then add the red onion and cook for about 5 minutes, until softened and browned. Add the tomato, garlic, aji amarillo paste, and cook for another 5-7 minutes, until the tomatoes have released some of their juices, but are still intact.
3. Add the soy sauce and wine and stir to combine, let cook for 1 minute.
4. Add the asada, fries, and cilantro. Toss gently to coat the fries in the sauce.
5. Serve with rice, if desired.
6. Enjoy your amazing creation!

# TVF Pepper Steak Stir Fry

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4 servings

## INGREDIENTS

- 1 tablespoon vegetable oil divided
- 1 red bell pepper, seeded and cut in strips
- 1 green bell pepper seeded and cut in strips
- 8 oz TVF Asada
- 2 cloves garlic, minced
- 2 teaspoons mince garlic
- Salt and pepper to taste
- ¼ cup light tamari or coco aminos
- ½ cup dry white wine
- 1 ½ teaspoon sugar
- 1 ½ teaspoon cornstarch

## DIRECTIONS

1. Heat 1 teaspoon of vegetable oil over medium high heat in large pan.
2. Add the peppers and cook for 3-4 minutes or until tender. Remove the peppers from the pan and place on a plate.
3. Add the remaining oil to the pan. Increase heat to high and add the asada to the pan, cook until heat and brown to your preference 5-6 minutes.
4. Add the garlic and cook until fragrant.
5. Add the wine and cook until almost evaporated
6. Add peppers to the pan with the asada
7. In a small cup, whisk together the soy tamari, sugar, ¼ cup water and cornstarch
8. Pour the sauce over the steak mixture and bring to a simmer. Cook for few minutes or until sauce has just thickened, then serve.
9. Enjoy your amazing creation!

# TVF Beef and Mushrooms



4 servings

## INGREDIENTS

- 1 tablespoon vegetable oil
- 8 oz TVF Asada
- 8 oz slice mushrooms
- 2 teaspoons mince garlic
- Salt and pepper to taste
- ¼ cup light tamari or coco amino
- ¼ cup dry white wine
- Salt and pepper to taste (if necessary)

## DIRECTIONS

1. Heat vegetable oil over medium high heat in a large pan.
2. Add the asada to the pan, cook until heat and brown to your preference 5-6 minutes.
3. Add the garlic and cook until fragrant.
4. Add tamari and wine and cook until reduce by half.
5. Serve over rice or pasta.
6. Enjoy your amazing creation!