

Mushroom Bourguignon Over Veggies & Mashed Potatoes

This recipe is a result of us trying to copy a dish that we enjoyed at a restaurant. The secret is to steam the veggies. You can use any vegetables, but be sure to include a leafy green such as kale or chard. For the seitan, I make my own using the recipe on the back of [Bob's Red Mill Vital Wheat Gluten](#).

1 large onion, diced
24 oz. Baby Bella mushrooms, sliced
1 cup dry red wine
⅓ cup low sodium soy sauce
3 tbsp tomato paste
1 ½ cups vegetable broth
2 tsp vegan Worcestershire sauce
½ tsp Italian seasoning
½ tsp thyme
½ tsp garlic powder
Black pepper to taste
Approx. 8 oz. seitan (optional)

2 tbsp arrowroot powder
½ cup water

Fresh vegetables cut up & steamed: broccoli, cauliflower, carrots and Swiss chard
Mashed potatoes

Saute onions and mushrooms until soft. Add if using. Add remaining ingredients through the seitan. Simmer for 10-15 minutes and then bring to a slow boil.

Prepare steamed vegetables and mashed potatoes.

Whisk together arrowroot and water and pour into gravy.

Serve by spooning vegetables over the mashed potatoes, and then cover with gravy.