**Mushroom Stroganoff**

1 Tbsp olive oil

1 medium onion, diced

1 pound portobello, crimini, or white mushrooms, sliced/chopped

1/2 tsp salt

½ cup dry sherry (optional)

½ tsp tomato paste

½ cup vegetable broth

3 Tbsp fresh oregano, chopped

½ tsp dried thyme (optional)

2 garlic cloves, chopped

1/2 tsp dried mustard

1 small dried bay leaf, crushed

1 tsp soy sauce

1 tsp Worcestershire sauce (for non-vegetarians)

½ cup sour cream

1 Tbsp all-purpose flour

1/4 cup chopped fresh parsley (optional)

1 package dried spaghetti or egg noodles

*Optional additions: chop kale, spinach, or zucchini and toss in with the mushrooms to add more veggies! Or serve with a large salad.*

Bring a large pot of lightly salted water to a boil and cook pasta according to directions.

While the water is boiling, heat olive oil in large heavy skillet over medium heat. Add onion, and cook about 3-4 minutes, stirring frequently. Add mushrooms and salt, and cook until the mushrooms are browned. Add ingredients through Worcestershire or soy sauce and cook another 10-15 minutes over medium-low heat until most juices have evaporated. *(Add additional veggies now while sauce is simmering, if desired.)*

Over low heat, slowly stir in flour and cook 1 minute. Add sour cream and stir well until it is completely incorporated; cook another 1-2 minutes. Add cooked noodles to pan and stir well to incorporate the sauce into the noodles. Serve with parsley, if desired.