



Mushroom Bourguignon

Ingredients

- 16 oz Cremini mushrooms, cut into quarters
- 2 onions, sliced thin
- 5 yellow potatoes, diced into large chunks
- 4 carrots, sliced
- 5 garlic cloves, minced
- 2 tbs flour
- 1/2 cup red wine
- 2 tbs rosemary, chopped
- 5 thyme sprigs, chopped
- 1 tsp each salt and pepper
- 2 tbs olive oil
- 2 tbs vegan butter
- 1 cup "beef" stock

Instructions

In a big pot, warm the olive oil over medium heat. Add the garlic and onions, and cook until transparent. Pour the red wine in gradually after whisking in the flour for nearly three minutes. Whisk until it becomes creamy and is no longer clumpy.

Add the garlic and onions to the slow cooker. Fill the crockpot with the mushrooms, carrots, potatoes, butter, thyme, rosemary, salt, and pepper, along with the vegetable stock. Cook for four hours on high or eight hours on low heat.