Bean and Mushroom Stroganoff

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A silky, creamy bean and mushroom stroganoff with sour cream and oregano, served with parsley basmati rice. Servings: 3–4.

Prep: 10 min. · Cook: 20 min. · Total: 30 min.

Ingredients

For the stroganoff:

- 2 large onions
- 2 tbsp oil or butter (for frying)
- 300 g chestnut mushrooms (or white button mushrooms / frozen wild mushrooms)
- 1 dried porcini mushroom (for grating, optional)
- 1 can beans (400 g total can weight; butter beans, cannellini beans or red kidney beans; drained)
- 2 tbsp full-fat sour cream (heaped tablespoons, 30% fat)
- 1 tsp dried oregano
- Salt and freshly ground black pepper (to taste)

To serve:

- Basmati rice
- 1 tbsp extra virgin olive oil (for the rice)
- 1 handful fresh parsley (chopped, for the rice)

Instructions

1. Chop the onions. Heat the oil or butter in a frying pan, add the onions and cook over a medium heat until lightly caramelised and golden.

2. Slice the mushrooms and add them to the onions. Grate in the dried porcini mushroom, if using. Cook for 7–10 minutes, until the released liquid has evaporated and the mushrooms have browned.

3. Add the drained beans and season with salt, pepper and oregano. Stir in the sour cream and simmer gently over a low heat for 3–5 minutes.

4. Cook the basmati rice according to the packet instructions. Stir the olive oil and chopped parsley into the cooked rice.

5. Spoon the rice onto plates and serve the hot bean and mushroom stroganoff alongside or on top.

Notes

The 400 g refers to the total weight stated on the can, not the drained weight of the beans. No rice quantity is specified; cook according to the packet instructions. This stroganoff is lovely with buckwheat, mashed potatoes or basmati rice.

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