

Mushroom Lentil Bourguignon

Servings 4 to 6

Serve this vegetarian bourguignon with creamy mashed potatoes, or over roasted veg.

1 tablespoon	extra virgin olive oil
1 small	yellow onion, finely chopped
2 tablespoons	butter or avocado oil or grapeseed oil
3	garlic cloves, crushed
1 teaspoon	dried thyme
2 large	portobello mushrooms, sliced
2 1/2 cups	button, brown or cremini mushrooms, sliced
1/2 cup cooked	brown lentils
1 cup	red wine
1 tablespoon	flour
2 1/2 cups	low sodium vegetable stock
1 tablespoon	tomato paste
1 pinch	salt and pepper to taste

1. In a large, heavy skillet, heat the olive oil. Add the onions and saute them until they soften, about 3 minutes. Add the butter or oil, garlic, thyme and mushrooms and cook the mixture until the mushrooms soften and begin to brown.
2. Add the lentils and cook for about 2 minutes, then add the wine. Continue to cook for 7-10 minutes, or until the wine has almost cooked off.
3. Sprinkle the flour over the mixture and stir to evenly blend it in. Add in the vegetable stock and tomato paste.
4. Bring the mixture to a simmer and cook, stirring often, for about 10 minutes or until the sauce is thick and dark and the mushrooms are tender. You can adjust the thickness of the sauce by adding in stock to thin it.
5. Taste to adjust salt and pepper seasoning.

Recipe resource:

<http://www.mnn.com/food/recipes/stories/mushroom-lentil-bourguignon#ixzz3m2W1t86s>