

Veggie Taco Stroganoff

2 Tbsp Enova Oil TM
8 oz Daisy Brand sour cream
2 cups Lakeside Produce baby eggplant, cut into 1/2" chunks
1 Lakeside Produce red bell pepper, washed & chopped
1 Lakeside Produce yellow bell pepper, washed & chopped
1 pkt Nueva Cocina TM seasoning blend, taco fresco or chipotle taco flavor
1 medium onion, thinly sliced
1 cup mushrooms, washed & sliced
1 Tbsp minced garlic
14 oz vegetable or chicken broth
8 oz egg noodles, uncooked
1 Tbsp chopped fresh parsley
salt to taste

Directions

1. Cook onion in hot oil in large nonstick Dutch oven pan on medium high heat until lightly browned, stirring occasionally.
2. Add garlic, eggplant and peppers. Cook until crisp-tender.
3. Add mushrooms and cook for an additional 2 minutes.
4. Add broth, egg noodles and spice packet. Simmer 10 minutes.
5. Stir in sour cream, sprinkle with parsley and serve immediately.
6. Add salt to taste.