



Vegetarian Stroganoff*

1 can Worthington Vegetable Skallops
1 onion, diced
4 oz can mushrooms, drained-save juice
1/2 teaspoon garlic salt
2 tablespoons parsley flakes
1 envelope George Washington Broth
2-3 tablespoons soy sauce
6 oz sour cream

Slice Vegetable Skallops into 1/4 inch strips and brown in lightly oiled pan. Add onion and mushrooms and sauté. Add remaining ingredients except sour cream and simmer for 15 minutes. Add mushroom liquid. Just before serving add 6 oz sour cream. Serve over cooked noodles or rice.

Optional version: Add 2 cans mushroom soup with 2 cans milk, and ¼ cup grated Colby or cheddar cheese. Add water if too thick or more cheese to thicken more.

Submitted by Avis W. of South Dakota