



## FIVE INGREDIENT SAUTÉED MUSHROOMS

This is probably the recipe most loved in my household. Super simple, we combine it with potatoes for a delicious meal that can be cooked in 10 minutes. Frequently it is breakfast! This is not because we are vegan, or even vegetarian. It is simply because it tastes so good, is filling, and easy to make. I'm putting in the recipe for the accompanying potatoes—but the potatoes are entirely optional! It's really all about the mushrooms. - KC  
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### INGREDIENTS:

8oz Oyster mushrooms  
3 tbsp olive oil  
1 large garlic clove, sliced  
1/4 tsp salt (or salt to taste)  
1 1/2 tbsp soy sauce



### Optional Potatoes:

2 potatoes  
1/2 tbsp olive oil  
1 tsp Spike seasoning\*  
1/2 cup vegetable broth  
Salt to taste  
1tbsp coconut fat (optional)

\*There is no substitute for Spike. It was created in 1950, a blend of 39 spices and vegetables. It comes with and without salt. We can't always find it easily, so we order it from Amazon.

### INSTRUCTIONS:

Separate mushrooms from cluster so that you have the cap and the stem together. Leave smaller mushrooms intact, Tear larger mushrooms lengthwise. In a large skillet over high flame, heat the olive oil. Toss the mushrooms in the oil, when coated, add the garlic. Sauté for approximately 1-2 minutes, then sprinkle salt, turn heat low, and cover for 3 minutes. This will bring out some of the moisture. Remove cover and turn the heat back up to high. Add the soy sauce and stir to coat. Continue to sauté for another 6-10 minutes, depending on how crispy you want your mushrooms to be.



### Optional Potatoes:

Quarter potatoes, then cut into a large dice (1-2 inches). Add olive oil to pan on high heat, and sprinkle Spike on top. When the spice begins to sizzle, add the potatoes. Toss to coat and allow to brown slightly, stirring and flipping pieces (about 3 minutes). Add broth and salt, cover, turn heat to low. Cook for 7-10 minutes, until a fork goes through the largest pieces, but the potatoes are not mushy. Uncover, turn up the heat, and add coconut fat (if using). Stir to coat and combine with the remaining broth. If the sauce is more than a thin layer in the pan, let it continue to cook off. Serve topped with parsley and sautéed mushrooms.