

Garlic Soy Mushrooms

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 pound mushrooms, sliced
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 tablespoon reduced sodium tamari or soy sauce

Directions

1. Heat oil in a skillet over medium heat. Add garlic and sauté until fragrant, about 30 seconds.
2. Turn heat to high and add mushrooms and cook 3-4 minutes, stirring occasionally, until mushrooms start to brown. Remove pan from heat and stir in tamari.

Notes

You can substitute a little salt for the tamari. If you need this recipe to be gluten-free, do not use soy sauce as it usually contains gluten.

Serve as a side dish or add to an entrée, such as pasta.

Recipe from Cook Well Berkeley class: 7-Minute Veggies, Spring 2017