

## Mushroom Bomb

I am proud of this recipe, my first. It can be fed to committed carnivores and they will smack their lips and ask for seconds.

This is a big recipe, which makes about 24 servings, as a side dish. A 14" non-stick frying pan with a domed lid is barely big enough. Be sure to cut the recipe in half if you are using a standard 11-inch frying pan.

### Ingredients:

1-2 large onions, chopped

3 cloves garlic, minced

3 one inch cubes ginger, peeled and grated fine (more to taste)

2-3 lbs assorted fresh mushrooms, sliced (white, Shitake, Crimini, etc.)

2-3 bunches of assorted greens (kale, collards, chard, etc.)

3-15 oz assorted canned beans (pinto, black, navy, etc.) Or, cook your own beans to lower cost and glycemic index (1/4 lb of dried beans cooks up to about one 15-oz can.)

2.5 oz low sodium tamari sauce (tamari can be found in the Asian section of most grocery stores)

1 oz. toasted sesame oil (or to taste). This should be omitted for those who have just said "no thank you" to bypass surgery or a stent.

2-3 oz. oxidized, fortified wine (Amontillado sherry, Marsala, or Madeira). Good quality wine will make all the difference in flavor.

Nutritional yeast to taste, approximately 3/4 to 1 cup

### Instructions:

Stir fry onion and garlic in wine, water, or vegetable broth until soft.

Add the ginger and mushrooms, cook until done.

Add the beans and continue cooking for another few minutes.

Add the greens, cover, and turn up the heat to wilt the greens.

Add toasted sesame oil (optional), tamari, sherry, and nutritional yeast and cook briefly until done.

Taste, and adjust flavoring agents as needed.

*Note on wine: the sherry is to be added at the end for flavor and not cooked extensively. If you decide to stir-fry with wine, just use a regular red or white.*

We know that oils are inappropriate in a diet for optimal health. Do not cook with, or use, oils in general. Toasted sesame oil in this recipe is for flavor. It should be considered a cheat. The quantity per serving is very small. I vary proportions of all ingredients to taste. Please vary the proportions of all ingredients to your taste.

Serves 20+ as a side, or 12 as an entree. Freeze leftovers in individual containers.