



Ingredients

- ✓ 12oz -14oz assorted fresh mushrooms (crimini, shiitake, beech, white button or others)
- ✓ 2 Tbsp. virgin coconut oil or vegetable oil
- ✓ 1 small shallot, chopped (about 2 tablespoons)
- ✓ 2 - 3 tsp. chopped garlic (about 2 cloves)
- ✓ 1 Tbsp. Tamari
- ✓ Salt and/or black pepper (as needed to taste)

Preparation

Wipe or rinse mushrooms to remove any dirt. Trim stem ends (entire stem for shiitakes), slice about 1/4 inch thick and set aside.

Heat coconut oil over medium-low heat in a large skillet. Add shallot and garlic and cook, stirring, until they start to soften and turn slightly golden, about 4-5 minutes. Add mushrooms, and continue to cook and stir until tender, about 10-12 minutes. Stir in tamari and pepper and cook and stir until liquid cooks off, a few minutes more.