

Recipe:

MUSHROOM & KALE STIR-FRY

Date:

Total Servings	Diet Type				
6 - 8 below	<input checked="" type="checkbox"/> GENERAL	<input checked="" type="checkbox"/> GLUTEN-FREE	<input checked="" type="checkbox"/> VEGAN	<input checked="" type="checkbox"/> KETO	<input checked="" type="checkbox"/> OTHER - See

Ingredients

Mushrooms - fresh any kind, sliced

Kale - 2 to 3 quarts, chopped

Onion - medium, sliced

Garlic - 2 to 3 cloves, chopped

Oil - $\frac{1}{4}$ cup (canola, avocado or olive oil)

Salt - 2 TSP

Pepper - 1 TSP

Preparations & Cooking

1. Saute the onions and garlic in oil.
2. Add the mushrooms, salt and pepper and any other spices of your choice.
3. Saute for 2-3 minutes.
4. Add the kale and stir to blend.
5. Cover and turn the stove off.
6. Taste and adjust the flavor to your liking.

* This recipe is also good for **Low-Carb, Dairy-free** diets.

Total Cost:

Prep Time:

Cook Time:

5 minutes

10 - 15 minutes