



# Mushroom and Pepper Stir Fry 4 servings

## INGREDIENTS

- 3 Bell peppers, remove seeds, thinly sliced
- 3 Tbsp olive oil
- 1 Medium onion, thinly sliced
- 3 Cloves garlic, minced
- 8 oz. Cremini mushrooms (or mushroom of choice), sliced
- Salt and pepper, to taste
- Optional: 1 Tbsp balsamic vinegar or soy sauce

## DIRECTIONS

1. Heat oil in a large nonstick skillet over medium-heat. Add onion, cook until translucent.
2. Add the garlic, cook for 1 minutes.
3. Add mushrooms, salt and pepper, and stir often until all the moisture is gone (6-8 minutes)
4. Add the pepper, cook until soft (6 minutes)
5. Optional: Add either balsamic or soy sauce, cover pan and cook for 8-10 minutes stirring frequently.
6. Ideas: If using balsamic or no sauce, this tastes great with eggs or as a side. If using soy sauce, this taste great with tofu, chicken, and/or over rice!

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