



Portobello mushroom ragu

- 2 Tbsp. olive oil
- 1 medium red onion, diced
- 2 cloves peeled garlic, pressed or minced
- 2 6-oz. packages portobello mushroom caps, cleaned, trimmed, and diced
- 1/2 tsp. dried thyme
- 1 15-oz. can chopped plum tomatoes or 2 c. chopped fresh plum tomatoes
- Sea salt and black pepper, to taste

Heat olive oil in a large casserole and sauté the onions until lightly browned, 3-4 minutes, stirring often. Add garlic, sauté for 1 minute, then stir in mushrooms and thyme. Continue to cook over high heat until the mushrooms have just softened and given off their juices, 2-3 minutes.

Add tomatoes and cook until the mixture is thick, about 10 minutes. Serve over bulgur wheat pilaf or Tinkyada brown rice pasta. Garnish with additional thyme, if desired.

adapted from Clean Eating

