

Easy Sautéed Mushrooms

Did you know Sauté is the French word for “jump”, or cooking over high heat while constantly stirring? Vegan and vegetarian, sauté onions & then mushrooms with balsamic vinegar for a rich savory flavor. Enjoy in a grain bowl, top a flat bread, serve with pasta & rice, or baked salmon. This will be one of your winter favorites. 6 ample servings.

Simple Ingredients

- 6 tablespoons Villa Graziella Organic Extra Virgin Olive Oil
- 2 tablespoons Villa Graziella Organic Balsamico Argento-Silver Balsamic Vinegar
- 32 ounces (4 cups) fresh baby bella, white button, cremini, or portabella mushrooms
- 2 yellow onions
- 1 teaspoon sea salt
- 1 teaspoon fresh cracked pepper

Easy Directions

1. Peel and cut onions in half, place in a bowl of cold water and refrigerate 30 minutes.
2. While the onions soak, clean the mushrooms, slice, and set aside.
3. Remove the onions from the refrigerator, chop in cubes or slice and set aside.
4. In a medium sauté pan or skillet, heat olive oil over medium high heat.
5. Add the onions stirring often, cook 2-3 minutes until they turn golden but not brown.
6. Add sliced mushrooms to the pan, stirring as they release liquid, 2-3 minutes.
7. Add the sea salt, cracked pepper and balsamic vinegar, lower the heat to medium.
8. Cook about 5 minutes, stirring until the liquid dissipates and mushrooms become tender not soft. Do not overcook.
9. Stir and season to taste with salt, pepper, and vinegar.
10. Remove from the pan, serve & enjoy.

Helpful Hints

- To clean mushrooms, fill a large bowl with lukewarm water, toss mushrooms allowing the dirt to settle to the bottom. Or place in a large colander, lightly “shower” with lukewarm water, allowing the dirt to wash away. Remove and pat dry with a clean dish towel.
- Soaking onion in cold water dilutes the pungent, raw bite of sulfur, leaving it milder but still crunchy.
- Refrigerate and store up to 3 days, reheat over low-medium heat in a skillet.