



Note: A portobello mushroom is a cremini that has gone to spore – it's matured.

Portobello Mushroom Ragu

Serves 6. Hands-on time: 15 minutes. Total time: 25 minutes.

INGREDIENTS:

- 2 tbsp olive oil
- 1 medium red onion, diced
- 2 cloves peeled garlic, pressed or minced
- 2 6-oz pkg portobello mushroom caps, cleaned, trimmed and diced
- ½ tsp dried thyme
- 1 15-oz can chopped plum tomatoes or 2 cups chopped plum tomatoes in Tetra-pak box
- Sea salt and fresh ground black pepper, to taste

INSTRUCTIONS:

ONE: Heat olive oil in a large casserole and sauté the onions until lightly browned, 3 to 4 minutes, stirring often.

TWO: Add garlic, sauté for 1 minute, then stir in mushrooms and thyme. Continue to cook over high heat until the mushrooms have softened and given off their juices, 2 to 3 minutes.

THREE: Add tomatoes and cook until the mixture is thick, about 10 minutes. Serve over wheatberry, bulgur wheat pilaf or soft cornmeal polenta. Ragu can be cooled and refrigerated for up to 4 days. Garnish with additional thyme, if desired.

Nutrients per ¼-cup serving: Calories: 92, Total Fat: 5 g, Sat. Fat: 1 g, Carbs: 10 g, Fiber: 3 g, Sugars: 5 g, Protein: 3 g, Sodium: 238 mg, Cholesterol: 1 g



Nutritional Bonus:

One single serving of this Portobello Mushroom Ragu contains both soluble and insoluble fiber, which promote a feeling of fullness after eating and good intestinal health. Like other mushrooms, portobellos are virtually fat free and contain no cholesterol.