

Garlic & Butter Sauteed Mushrooms

INGREDIENTS

- 1C Oyster & King Trumpet mushrooms from South River Aquaponics, chopped
 - 3-4TBS ghee
 - 3-4 medium cloves garlic, finely chopped
 - 1/2tsp Himalayan sea salt
 - 1TBS Italian parsley, chopped
1. Melt ghee in a medium/large saucepan then add garlic. Saute for a few minutes on medium heat until garlic becomes fragrant.
 2. Add mushrooms and begin to coat evenly with ghee.
 3. Sprinkle with sea salt and continue to saute for about 7 - 10 minutes, stirring occasionally to avoid burning.
 4. Serve immediately and garnish with parsley. Enjoy!