

Mushroom/Cauliflower Savory Dish (Main Dish or Side Dish)

Ingredients:

- 1 medium head cauliflower cut up into small florets
- 2 T olive oil (Could cut to 1)
- 1 small onion finely, chopped
- 3 cloves garlic, minced
- 8oz (205g) mushrooms, sliced (such as white button, cremini, or shiitake)
- 1 tsp dried thyme, and 1 tsp rosemary (can use equivalent fresh chopped thyme and fresh chopped rosemary if desired for a brighter flavor)
- Salt & pepper to taste
- ¼ cup veggie broth
- 2 T nutritional yeast (optional for cheesy flavor)
- Fresh parsley for garnish

Steps:

1. STEP 1: Prepare cauliflower
Steam or blanch the cauliflower florets for 3-4 minutes until slightly tender. Set Aside.
2. STEP 2: Saute the aromatics
Heat olive oil in a large skillet over medium heat. Add chopped onion and cook until softened. Add garlic, cook 1 more minute until fragrant.
3. STEP 3: Cook the mushrooms
Add the mushrooms to skillet and cook 5-7 minutes, stirring occasionally until mushrooms release their moisture and become golden brown.
4. STEP 4: Add Herbs and Seasonings
Season the mushrooms with thyme, rosemary, salt, and pepper. Stir well to coat the mushrooms in the fragrant herbs.
5. STEP 5: Deglaze Skillet
Pour the vegetable broth into skillet, stirring to deglaze and scrape up any flavorful bits from the bottom. Let it simmer 1 to 2 minutes.
6. STEP 6: Add the steamed cauliflower
Toss cauliflower into skillet, stirring to combine with mushrooms and herbs. Cook for another 5 to 7 minutes to meld all flavors.
7. STEP 7: (Optional) Nutritional yeast
For a cheesy, savory note, sprinkle in nutritional yeast and stir well to incorporate.
8. STEP 8: Adjust Salt & Pepper
Taste the dish and adjust seasoning with salt and pepper as needed.
9. STEP 9: Garnish
Garnish with sprinkle of fresh parsley for burst of fresh color & serve hot.