

# Bachelor Portobello Mushrooms

Servings: 2

Time: 20 Minutes

This is an easy meal that has some great taste and texture!

## Ingredients:

- 4 Portobello Mushrooms, stems and gills removed\*
- Garlic, 3 cloves minced
- 1 T Avocado Oil
- 3 Cups Organic Marinara Sauce (One bottle of prepared sauce is plenty)

*Tip: If you want to buy sauce instead of making it, look for a brand that has no sugar, high fructose corn syrup, "Natural Flavors", etc... (It must be just tomatoes, garlic, onions, salt, water, etc...)*

*\*If you want to serve the mushrooms as 'steaks' cook them whole. Because of their size you may not be able to fit all 4 of them in your skillet at the same time. An option is to slice them into ¼" thick slices, which will make the cooking easier, but changes the presentation.*

## Instructions:

1. Heat a large skillet over medium heat.
2. Add oil, and when it is hot add the garlic.
3. Cook for 1-2 minutes until garlic is translucent.
4. Add the marinara sauce and heat until it starts to bubble.
5. Add Portobello Mushrooms in pan and cook for 5 minutes per side. (If you are not cooking the whole mushrooms simmer until they are tender.)
6. Serve 2 caps per person and spoon Marinara Sauce from the pan over Mushrooms.