



CREAMY DECADENT MUSHROOM SAUCE

By Dr. Cindy Tanzar
(Standard/Maintenance)

This very easy recipe is so delicious that it can stand alone as a side dish or eaten on top of chicken, beef or even spooned over vegetables. It's so decadent and rich, that it turns any ordinary meal into a very special dinner. Company will think you have gone to all kinds of trouble when you serve this sauce along with your favorite dish, but it is very simple to make. You can easily double this recipe to be used with other meals, as well.

Makes 3-4 servings. One serving equals one cup cooked vegetables and your fat for one meal.



INGREDIENTS

- 2 Tbsp Kerry Gold butter
- 16 oz mushrooms (any kind), thinly sliced
- 1 large shallot or half a small onion, small diced (optional, but very good)
- 3 cloves fresh garlic, peeled and minced (can use minced from a jar)
- 1/3 cup organic heavy cream
- 1/2 tsp dried oregano or 1-1/2 tsp fresh oregano



1/4-1/2 tsp dried thyme (can be strong) or 1-1/2 tsp fresh thyme
Pink Himalayan salt & black pepper, to taste
2 Tbsp chopped fresh parsley leaves (optional, but beautiful!)

On maintenance: try adding 2 Tbsp freshly grated Parmesan cheese

INSTRUCTIONS

Melt butter in a large stainless-steel skillet over medium heat. (See NOTES at the bottom for additional info) Add mushrooms and shallots/onions (if using), sautéing until tender and browned, adding garlic towards the end to sauté for 1-2 minutes.

Stir in heavy cream, thyme, oregano, Pink sea salt and pepper. Bring to a boil, then reduce heat and simmer until slightly reduced and thickened – about 5-6 minutes.

If on maintenance, add Parmesan cheese after finished cooking and stir until melted.

NOTES

For added depth of flavor, if you are serving the mushrooms with pan-fried chicken or beef, leave the browned bits in the pan and use this as your base for the recipe. Remove the meat, add your butter, then follow the instructions above.