



Mushrooms
Mushrooms Fra Diavolo Entrée
(Serves 2)

Ingredients

- 1 tablespoon olive oil
- 2 garlic cloves, sliced
- 1/2 pound shiitake mushrooms, sliced
- 1/2 pound oyster mushrooms, sliced
- 5 leaves of fresh basil
- 1 jalapeño pepper, roasted but seeds left in
- 5 ounces of marinara sauce
(see recipe below)
- Pinch dried oregano
- Pinch freshly ground pepper
- 1 tablespoon butter

1. Heat the oil in large fry pan. Sauté the garlic until brown. Add the mushrooms, basil, chile pepper, marinara sauce and seasonings. Cook until mushrooms are tender.
2. Swirl in the butter at the end of the cooking. Garnish with minced parsley.

Basic Marinara Sauce
(Makes approx. 4 cups)



Ingredients

- 3 tablespoons olive oil
- 1/2 medium-sized onion, diced
- 1 garlic clove, minced
- 10 large ripe tomatoes, peeled, seeded and chopped
- 5 chopped fresh basil leaves
- 1 teaspoon granulated sugar
- Salt, freshly ground pepper to taste

1. Heat the oil in a heavy, large pot over medium heat. Add the onions and garlic. Sauté until onions are translucent- 5 to 8 minutes
 2. Add the tomatoes to the pot and simmer, uncovered, for approximately 45 minutes. Stir often until tomatoes are broken up and sauce is fairly smooth.
 3. Add the basil and the sugar. Simmer for 10 minutes more. Season to taste with salt and pepper.
- Note: Sauce may be frozen for later use.