

MUSHROOM CREAM SAUCE

A classic mushroom sauce that is the perfect compliment to meat, such as steak, or even served over rice. Serves 2—4 adults



2-5 oz. mushrooms, cut to bite-sized pieces 2 T. butter

1/2 C. fresh cream or half & half

1 tsp. black pepper (or to taste)

1/2 tsp. sea salt (or to taste)

1 small garlic clove, crushed or minced

Directions

Melt the butter in a sauce pan over medium-low heat, and then add the mushroom variety of your choice. Sauté until the mushroom is fully cooked and softened. The amount of time required will vary depending upon the type of mushroom. Add the cream, pepper, and salt and turn up the heat to medium. Cook for 5-8 minutes, stirring occasionally. Take care that the cream doesn't over boil. Once the sauce has reduced by half, add the garlic and cook for another minute or two. This is also the point to add a few sprigs of fresh herbs, if you like. Sauce should be thick and ready to serve over your favorite steak or other meat. Also great over rice or potatoes.

Look for more recipes on our website:
2AngelsMushrooms.com

Credit: adapted from a recipe on WholesomeCook.com