

Mushrooms

INGREDIENTS:

2 cups sliced mushrooms
2 T ghee
1 T fresh thyme (or dried)
1 garlic clove, minced
1 cup chicken stock
Sea salt and pepper to taste

PROCESS:

Heat ghee in saucepan over medium high heat.
Add the mushrooms and cook for 7-8 minutes until tender.
Add garlic, chicken stock, thyme, s&p.
Bring to a low simmer and cook until the sauce has reduced and thickened, about 10 minutes.

ENJOY!

