

LEMON BROCCOLI & MUSHROOM GRAIN BOWL

Ingredients

1 package mixed mushrooms (shiitakes, portobellos, oyster, etc)
1 large head of broccoli, florets cut and stem chopped into bite sized pieces)
3 garlic cloves, minced
1 TBS olive oil
 $\frac{1}{4}$ C lemon juice (1 lemon)
 $\frac{1}{4}$ C chicken or vegetable broth
salt and pepper to taste
1 can cannellini beans, drained and rinsed
1 C cooked faro
parmesan cheese

Instructions

In a large heavy pan, heat the olive oil and add the mushrooms over medium-high heat. Let the mushrooms cook until slightly browned, stirring occasionally, for about 5 minutes.

Add the garlic, broccoli and broth, stir then cover to steam – about 5-8 minutes.

After steaming, stir in the lemon juice then season with a little salt and pepper. Cover to let that steam again for another 2 minutes.

Add in the faro and white beans, stirring to combine.

Serve with a sprinkle of parmesan cheese and a spoonful of sauce.