

Kasha with Mushrooms

Kasha is a traditional high-protein, high-fiber grain that is a staple of Eastern Europe. Recipe is from *Moosewood Restaurant Cooks at Home by The Moosewood Collective.*

Prep. time: 25 minutes. Serves 4

3 tbsp.	vegetable oil
1 cup	onion, chopped
2 cups	water or vegetable stock
1 large	egg or 1 egg white (less fat), lightly beaten
1 cup	kasha
3/4 lb.	mushrooms, sliced (about 4 cups)
2 tbsp.	soy sauce
1 tbsp.	chopped fresh dill (1 tsp. dried)
1/8 tsp.	ground black pepper
	diced red bell pepper
	sprig of fresh dill (optional)

1. Heat 1 tbsp. of oil in medium skillet. Add chopped onions and saute on medium heat, stirring occasionally. While the onions saute, heat the water or stock to boiling. In small bowl, combine egg and kasha. When onions have softened, add kasha mixture to skillet and stir well. Continue to stir for a minute or two, until kasha kernels are separate and dry. When water or stock boils, pour into skillet, cover, and simmer gently on low heat for about 10 minutes, until liquid is absorbed and kasha is cooked.
2. While kasha cooks, heat remaining 2 tbsp. oil in a medium skillet and saute mushrooms on high heat, stirring often, until they release their juices. Remove mushrooms from heat and drain, reserving their liquid. When kasha is tender, add the mushrooms and 2 or 3 tbsp. of their reserved liquid. Stir in soy sauce, dill, and pepper.
3. Top with some diced bell pepper, and a sprig of fresh dill if you like, and serve hot.

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Shopping List

Kasha with Mushrooms

Ingredients	Wieght or Volume	PLU #
vegetable oil	3 tbsp.	_____
onion	1 cup	_____
vegetable stock	2 cups	_____
egg	1 large	_____
kasha	1 cup	_____
mushrooms	3/4 lb.	_____
soy sauce	2 tbsp.	_____
fresh dill	1 tbsp.	_____
ground black pepper	1/8 tsp.	_____
diced red bell pepper		_____
sprig of fresh dill		_____

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