

CUMIN SCENTED KALE with ONIONS, TOMATOES and MUSHROOMS

Serves 4

INGREDIENTS:

- 2 Tbsp. extra virgin olive oil or veggie stock
- 2 large bunches of kale, leaves ripped from the stem into bite size pieces, blanched and shocked
- 1 medium yellow onion, sliced thin along the grain (saute slice)
- 2 large or 3 medium cloves garlic (about 1 Tbsp.) , minced
- 1 Tbsp. ground cumin
- 12 oz. cherry tomatoes, quartered
- 2 large portobello mushroom caps, stems removed and cut into medium dice
- Salt, to taste

PROCEDURE:

1. Heat 10-12 in saute pan over medium heat. When hot, add oil or stock to heat. When oil/stock is hot, add onions. Cook for about 10 minutes, stirring occasionally. They will get a little translucent and golden in color.
2. Add garlic. When fragrant. Add cumin. Stir for about 3-4 minutes until cumin has turned a darker shade of brown.
3. Add tomatoes and stir into onions to incorporate. With the back of a wooden spoon, gently press down on the tomatoes so they release their juice. This creates a little saucy effect.
4. Add mushrooms and saute until soft, about 3 minutes.
5. Salt to taste. Serve hot or leftover.

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