

## Un-sauteéd 'Shrooms

Ingredients:

1 pound of sliced mushrooms (portabello are best, but white button will do)

1 medium sized lemon, juiced

1 tsp Onion Powder

1 tsp Garlic Powder

2 T Namu Shoyu

1/2 cup Olive Oil

2 T Braggs Aminos

1 T Amy's Organic Vegetarian Worcestershire sauce

A pinch of ceyenne pepper

1 tsp Paprika sprinkled over top

Put sliced mushrooms into a dish and pour Marinade over them.

Stir gently to coat the mushrooms. Cover and let sit in frig 24 hours. They will shrink down into the marinade and they will look and taste like sauteed mushrooms.