

Mushrooms with Red Peppers, Cumin & Thyme



Ingredients:

1/4 C Olive Oil
1 Medium Onion, chopped
1 Red Bell Pepper, diced
1 Lb Fresh Mushrooms, quartered
1 tsp Ground Cumin
1 Tbsp Fresh Thyme, leaves removed from stem
1/2 tsp Paprika
1/4 tsp Cayenne Pepper, or to taste
Salt and Freshly Ground Pepper
2 Tbsp chopped fresh Italian Parsley
1 Red Bell Pepper, diced

Preparation:

Heat the olive oil in a large, heavy skillet. Add onion and red pepper, and saute about 7 minutes over medium heat. Add mushrooms cumin thyme, paprika, cayenne, salt and pepper and saute over medium heat, stirring often, about 10 minutes or until all vegetables are tender. Add parsley and remove from heat. Taste and adjust seasoning. Serve hot.

