

Mushroom Millet and Kale

Number of Servings: 2

Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients

1 tbsp sesame oil
1 medium onion, chopped
4 cloves garlic, minced
2 tsp minced ginger, minced
1 tsp each black cardamom, caraway powder, cumin
2 tsp basil
2 tsp dulse
pepper
4 cups chopped shittake mushrooms
1 tsp balsamic vinegar
1 tsp Bragg's or Soy Sauce
4 cups water
1 cup millet
1 bunch lacinato/black kale, sliced thinly

Instructions

Cook the onions, garlic and ginger in sesame oil until the onions are soft. Add the spices, mushrooms, vinegar, Bragg's and cook for 5-10 minutes. Add the water and millet, then cook for another 10-15 minutes. When the millet is almost soft, add the kale so it doesn't get overcooked. Cook until millet is soft, serve with toasted sesame oil.

Additional vegetables can be added, such as peas and zucchini. The black cardamom is best when purchased whole, in the pod, peeled and ground fresh.