

# Sautéed Mushrooms

Easy sautéed mushrooms with onions, peppers, and tomatoes. Perfect vegetarian appetizer ready in 35 minutes with rich, savory flavors.

15 min

PREP

20 min

COOK

35 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 10 oz mushroom
- 1 onion
- 2 green pepper
- 1 tomato
- 2 tbsp olive oil
- 1 tsp salt
- 1 tsp chili flakes

## Instructions

- 1 Prepare the vegetables**

Clean 10 oz mushrooms with a damp paper towel and slice into ¼-inch thick pieces. Dice 1 onion and 1 bell pepper into small, uniform pieces.
- 2 Cook the aromatics**

Heat 2 tablespoons oil in a large skillet over medium-high heat until shimmering, about 2 minutes. Add the diced onion and bell pepper.
- 3 Cook the onion and pepper for 5-6 minutes, stirring occasionally, until softened and lightly golden around the edges.**
- 4 Add 1 diced tomato and 1 teaspoon salt to the skillet. Cook for 4-5 minutes over medium heat, stirring frequently, until the tomato breaks down and releases its juices.**
- 5 Sauté the mushrooms**

Add the sliced mushrooms to the skillet and increase heat to medium-high. Cook without stirring for 3-4

minutes to allow browning on one side.

- 6 Stir the mushrooms and continue cooking for 10-12 minutes, stirring every 3-4 minutes, until the mushrooms are golden brown and have released most of their moisture.
- 7 Season with 1 teaspoon salt and black pepper to taste. Cook for 1 more minute to let the seasoning absorb, then remove from heat and serve immediately.

## Tips

Use a wide pan to avoid overcrowding mushrooms, which causes them to steam instead of brown properly.

Don't stir the mushrooms immediately after adding them to the pan - let them sit undisturbed for 2-3 minutes to develop a golden crust.

Clean mushrooms with a damp paper towel rather than washing them to prevent excess moisture that interferes with browning.

Add salt only after the mushrooms have released their moisture and begun to brown to avoid drawing out more water prematurely.

Choose mushrooms that are firm and dry with no dark spots or slimy texture for the best flavor and appearance.

Let the oil heat until it shimmers before adding vegetables to ensure proper sautéing temperature from the start.

Save fresh herbs for the final minute of cooking to preserve their bright flavor and prevent them from becoming bitter.