

# Indian “Butter” Mushrooms

Makes 4-6 servings

## What you’ll need...

3 cups (750 mL)	chopped fresh or canned diced tomatoes
1 cup (250 mL)	raw cashews, soaked in water for 4-12 hours
1” (2.5 cm) piece	fresh ginger
4-6	cloves garlic, roughly chopped
1	red chili, chopped, optional
1 tsp (5 mL)	garam masala
$\frac{1}{2}$ tsp (2.5 mL)	cinnamon
$\frac{1}{4}$ tsp (1.25 mL)	ground cardamom (or 2 whole cardamom pods)
$\frac{1}{4}$ tsp (1.25 mL)	cayenne pepper, optional
	sea salt, to taste
$\frac{1}{4}$ cup (60 mL)	coconut oil
1	medium onion, thinly sliced
4 cups (1000 mL)	sliced mushrooms (Portobello, cremini or white button)
$\frac{1}{2}$ cup (125 mL)	chopped cilantro

## What to do...

1. Blend together 1 cup (250 mL) chopped/diced tomatoes,

soaked cashews, ginger, garlic, fresh chili, spices and salt. Combined mixture with remaining tomatoes; set aside.

2. In a large skillet, heat coconut oil over medium-high. Add onion and sauté for 2-3 minutes, or until starting to soften. Add mushrooms and cook 4-8 minutes longer, or until wilted and moisture begins to evaporate.
3. Add tomato mixture. Bring to simmer, reduce heat and cook for 20-30 minutes, stirring often, or until thickened. Stir through chopped cilantro and serve.
4. Optional: Finish under broiler for 1-3 minutes, or until top browns slightly.