



Philly Bowl



SERVINGS

4



PREPARATION

10 MINS



COOKING

15 MINS



READY TO EAT

35 MINS

INGREDIENTS

4 cups baby Bella Mushrooms
2 red bell Pepper
2 green bell Pepper
1 yellow Onion
1 tsp Cumin
1/2 tsp Smoked paprika
6 cloves Garlic (minced)
1 tsp Salt
1/2 tsp Black pepper
1/4 cup Nutritional yeast

DIRECTIONS

1. Slice peppers and onions, add oil to pot add peppers, onions, garlic sauté for 7 mins.
2. Add cumin, smoked paprika salt and black pepper add mushrooms cover pan on medium high heat for 10 mins.
3. Cook until mushrooms are soft.
4. Add nutritional yeast.

Serve with quinoa or brown rice