

Buckwheat with Three Mushrooms
By: The Complete Slow Cooking For Two, Linda Larsen

Ingredients:

1 cup buckwheat groats
1 egg, beaten
1 onion, chopped
1/2 cup cremini mushrooms, sliced
1/2 cup bottom mushroom, sliced
1/2 cup shiitake mushrooms, sliced
2 1/2 cups vegetable broth or chicken broth
1 bay leaf
2 whole basil leaves
1/2 tsp. salt
1/2 tsp ground black pepper

Instructions:

1. In a medium-bowl, mix the buckwheat groats with the egg, combining well.
2. In a medium saucepan over low heat, saute' the buckwheat mixture until the groats smell toasted, about 5 minutes.
3. In the crockpot, combine all the ingredients.
4. Cover and cook on LOW for 5-6 hours, or until the buckwheat is tender.
5. Remove and discard the bay leaves, and serve.

Serves: 2

Per Serving:

Calories 332

Total fat 6g; Saturated fat 2g; Cholesterol 82mg; Carbohydrates 56g; Fiber 8g; Protein 19g.



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