



## CRUNCHY BEAN SPROUTS WITH CHICKEN AND MUSHROOMS

### Ingredients:

- 1/2 cup chopped yellow onion
- 2 boneless skinless chicken thighs, cut into bite size pieces
- 3 sliced white mushrooms, roughly about a generous cup
- 1 cup water
- 400 grams mung bean sprouts, washed and drained
- extra virgin olive oil
- sea salt
- fresh ground pepper

### Preparation:

1. Heat oil in medium heat. Add onions and cook until the edges begin to brown.
2. Add the chicken. Put salt and pepper. Cook for about 6 minutes until cooked.
3. Stir in the mushrooms and saute for 3 minutes before pouring the broth. Wait for it to boil then lower heat.
4. Add the mung bean sprouts and cook for 3-5 minutes, depending on their size. Add salt and pepper to taste.
5. Immediately turn off the heat once it starts to go limp, or it won't be crunchy to eat.
6. Serve warm and enjoy on its own or with your favorite grains/seeds. I like mine with brown rice. Yummy.

***Happy eating!***

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