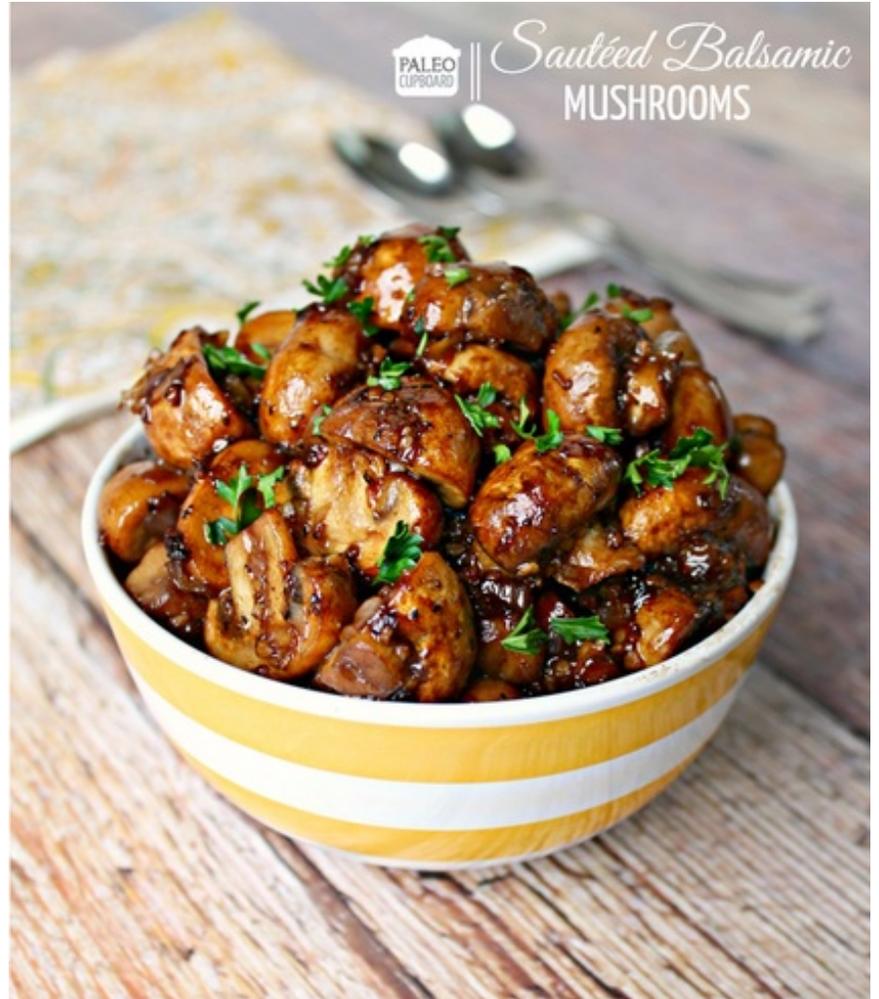


Paleo Sauteed Mushrooms - Paleo Cupboard

PALEO SAUTEED BALSAMIC MUSHROOMS

Sauteed mushrooms are one of my favorite sides to a nice [steak](#) or some [grilled chicken](#). This recipe is so simple but is full of flavor and nobody will know you only spent a few minutes throwing this lovely side dish together.

Even people who don't usually like mushrooms tend to like this recipe. I have to guard the pan when I cook these because everyone tries to crowd around and steal mushrooms from the pan, so make sure you stay alert! If anyone gets too close just whap them with a spatula and make sure to defend your mushrooms!



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Ingredients:

- 1 lb. white button mushrooms
- 3 Tbsp. bacon fat/[lard](#) or [tallow](#)
- 1 small white onion, finely chopped (about 1/3 cup)
- 2 cloves garlic, chopped
- 1/2 tsp. [sea salt](#)
- 1/4 tsp. ground black pepper
- 1 1/2 Tbsp. [balsamic vinegar](#)
- 1 Tbsp. chopped fresh parsley (optional)

Equipment:

- Cutting board
- Chef knife
- Paper towels
- Measuring spoons
- Large skillet
- Stirring spoon

Directions:

1. Wipe mushrooms with a slightly damp paper towel to clean them, then slice in half. Set aside.
 2. Place the bacon fat/lard or tallow in a large skillet and place of medium-high heat. Allow the fat to melt, then add the mushroom, onion and garlic and cook about 8-10 minutes or until the mushrooms are tender, stirring frequently.
 3. Add the sea salt, pepper and balsamic vinegar to the pan and stir to coat. Cook another 2 minutes, then serve with a sprinkle of fresh chopped parsley on top.
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