



YOU CAN COOK
AND YOU DO HAVE THE TIME

Kev's Kitchen

MUSHROOMS & MALBEC

Time: 40 minutes

Serves: 4

Ingredients:

1 tablespoon extra-virgin olive oil
2 pounds cremini mushrooms – sliced
3 leeks – lighter-coloured base only – sliced
4 cloves garlic – finely chopped or grated
1 tablespoon dried thyme
8 cups chicken stock
½ cup dry red wine
½ teaspoon fresh ground black pepper
4 leaves Swiss chard – torn
Kosher salt to taste

Preparation:

Place a heavy pot on medium heat and add the olive oil.

Once the oil is hot, add the mushrooms, stirring occasionally for five minutes.

Stir in the leeks, garlic and thyme. Cook, stirring occasionally for ten more minutes.

Add the stock, wine and pepper, turning the heat to high to bring to a simmer.

Stir in the chard and simmer for two minutes.

Add salt to taste and serve immediately.

Nutritional Information Per Serving:

Calories: 141
Fat: 5g
Carbs: 17g
Fibre: 4g
Protein: 9g