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PILZ GROSSHANDEL

UWE BUSCHHAUS

GOOD MUSHROOMS ...

... GOOD LIFE

RECIPE: KING OYSTER – EXOTIC ERYNGII MUSHROOM CHILLI

(6 servings)

INGREDIENTS / AMOUNT

1kg minced beef
2 onions, chopped
1 kg mixed exotic mushrooms - e.g. oyster, maitake, shimeji etc., sliced
2 cloves of Garlic, crushed
2 tins chopped tomatoes
2 tins red Kidney beans, drained
2 tablespoons chilli powder
3 cups of rice

PREPARATION/PROCEDURE:

First put a little oil in in a large pan and brown off the mince with the onions and the garlic. Then add the tomatoes, kidney beans and mushrooms, and stir in the chilli powder. Bring to the boil, then cover and leave to simmer for at least half an hour.
Then cook the rice as per pack instructions and serve.

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(Source: OLG Hamburg, version of 17 July 80, Schulze OLGZ 229, p.7 – on using parts of a recipe)

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