

Mushroom & Green Bean Stir-Stew

Ingredients

- 1 cup sliced mushrooms
- 1/2 cup green beans, chopped
- 1/4 onion, thinly sliced
- 1 garlic clove, minced
- 1/2 tsp thyme
- 1 tbsp olive oil
- 1/2 cup water
- Salt and pepper

Instructions

1. In a skillet, heat oil and sauté onion, garlic, and thyme.
2. Add mushrooms and green beans. Stir for 3–4 minutes.
3. Add water, cover and simmer for 10 minutes.
4. Season and serve hot.

Benefits

Mushrooms support immunity and liver detox.
Great light and savory one-pan option.

