



## Mushroom Fun Facts!

- There are over 50,000 kinds of mushrooms! Not all of them are safe to eat!
- This month, we grew Oyster Mushrooms in the cafeteria, but are tasting Mini Crimini Mushrooms, grown right here in Texas!
- Mushrooms grow in the dark and are 92% water!



<https://www.mushroomcouncil.com/nutrition-benefits/>

## Corner

### What are they?

Crimini Mushrooms are a small type of mushroom with light-tan coloring. They are also known as “baby bellas.”

### What do they taste like?

We can all taste when food is salty or sweet. Right?

“UMAMI” is how Mushrooms taste.

What’s that? Say “ooo-mommy”.

UMAMI is a Japanese word for rich, satisfying flavors. You usually taste UMAMI in meat but mushrooms are full of UMAMI.

When you taste your mushrooms, close your eyes and imagine it filling your whole mouth with flavor.

That’s UMAMI!

(And now you know a word in Japanese, too!)



## Chef's

### Ingredients:

- 2 Tbsp. Olive Oil, Divided
- 1/2 Lb Mushrooms, Sliced
- 1/2 Medium Onion, Chopped
- 2 Garlic Cloves, Minced
- 1 - 14oz Can Diced Tomatoes
- 1 Tsp. Italian Seasoning
- 6 Cups Chicken or Vegetable Stock

## Tomato & Wild Mushroom Soup

### Instructions:

1. Heat the olive oil in the bottom of your soup pot and add the mushrooms.
2. After a few minutes the mushrooms will sweat. Lower the heat, remove the mushrooms and cook until the liquid is syrupy.
3. Add the rest of the olive oil to the pan. Add the garlic, onion, seasoning and tomatoes. Cook until they are soft.
4. Add stock and mushrooms back to the pot. Simmer for 20-30 minutes.
5. Season with salt and pepper.
6. Serve & enjoy!