

# Teriyaki Mushroom Lettuce Wrap

Serves: 12 cups

Total Time: 35 min

## Supplies

- 1 chef's knife
- 1 cutting board
- 1 large skillet

## Ingredients

- 3 tbsp oil (avocado or peanut)
- 2 cups shiitake mushrooms cut into  $\frac{1}{2}$  inch chunks
- 2 cups cremini mushrooms, cut into  $\frac{1}{2}$  in chunks
- 3 cloves garlic
- 1 tbsp ginger, minced
- 1 large bell pepper cut into  $\frac{1}{2}$  in chunks

- $\frac{1}{4}$  tsp salt
- 2 scallions chopped
- $\frac{1}{4}$  cup teriyaki sauce
- $\frac{1}{2}$  cup cilantro, chopped
- 1 head butter lettuce
- Optional - 2 cups cooked rice

## Instructions

- In a large skillet, heat oil over medium high heat and sauté mushrooms for 7-8 minutes, until tender an golden. Remove mushrooms from the pan and set aside
- Add bell peppers, garlic, and ginger to the same pan and cook for 2 minutes, adding oil if needed

- Add mushrooms back in pan along with salt, scallions, and  $\frac{1}{4}$  cup of teriyaki sauce. Stir to combine. Remove from heat and allow to cool 10 minutes. Stir in cilantro.
- Place lettuce cups on a plate or platter and fill with 2-3 tbsp of rice and place mushrooms over top.
- Serve and enjoy!