

Homegrown Favourites

We're sharing some of our own personal favourite recipes fresh from the kitchens of RBG staff and volunteers. Bon appétit!

A close-up photograph of several sliced mushrooms, showing their gills and stems. The mushrooms are piled together, and the lighting highlights their texture.

**VEGAN
GLUTEN-FREE**

Spicy Black Bean and Mushroom Bowl

INGREDIENTS

1/8 cup brown sugar, packed
1/4 cup soy sauce
2 tsp. sesame oil
1 tsp. crushed red pepper flakes
1/4 tsp. ground ginger
1 Tbsp. vegetable oil
3 cloves garlic, minced
2 cans of black beans (400 mL)
1 1/2 cups button mushrooms,
roughly chopped
2 green onions, thinly sliced
1/4 tsp. sesame seeds
4 cups rice, cooked

DIRECTIONS:

1. In a small bowl, whisk together brown sugar, soy sauce, sesame oil, red pepper flakes, and ginger.
2. Heat vegetable oil in a large skillet over medium-high heat. Add garlic and cook, stirring constantly, until fragrant (about 1 minute). Add black beans and mushrooms. Cook another 3-5 minutes until beans are warmed through and mushrooms are cooked.
3. Stir in soy sauce mixture and green onions until well combined. Allow to simmer until heated through, about two minutes.
4. Serve immediately over hot rice, and garnish with more green onions and sesame seeds.

From the kitchen of:
Liz

This dish is a spin on a regular favourite meal at our house. It is a go-to weeknight dinner on those nights when we want to have something delicious, but don't want to spend a lot of time cooking. This recipe has been inspired and adapted from a Korean Beef Bowl recipe from Damn Delicious.



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