



Garlic Mushroom Stir Fry

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	15 MIN	12 MIN		10

Make garlic mushroom stir fry with rich flavor and simple ingredients. A quick and healthy vegetarian dish ready in minutes.

Ingredients

- 2 cups mushrooms (sliced)
- 4 garlic cloves, minced
- 2 tablespoons olive oil or butter
- 1 tablespoon soy sauce
- Salt and pepper to taste
- Optional: parsley or green onions

Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 10-12 minutes
- Total Time: 15-20 minutes

- Servings: 3-4
- Course: Main / Side
- Cuisine: International

Cooking Method

Instructions

1. Heat oil or butter in a pan over medium-high heat.
2. Add mushrooms and cook until they release moisture and start to brown.
3. Add garlic and sauté for **1-2 minutes** until fragrant.
4. Add soy sauce, salt, and pepper.
5. Stir well and cook for another **2-3 minutes**.
6. Garnish with parsley or green onions.
7. Serve warm.

Cooking Tips

- Do not overcrowd the pan
- Cook mushrooms until browned for best flavor
- Add garlic later to avoid burning

Variations

- Add spinach or broccoli
- Add chili flakes for spice
- Use garlic butter for richer flavor
- Add sesame oil for Asian flavor

What to Serve with Garlic Mushroom Stir Fry

- Rice or quinoa
- Noodles
- Tofu or tempeh
- Grilled vegetables

Storage

Store in an airtight container in the refrigerator for up to **3 days**.

Reheating

Reheat in a pan for best texture.

Frequently Asked Questions

Why are my mushrooms watery?

Cook on high heat and avoid overcrowding.

Can I use different mushrooms?

Yes, any variety works.

Is this recipe vegan?

Yes, if using oil instead of butter.

Recipe Author

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