



Lion's Mane "Seafood" Chili

These mushrooms have a long history of healthy use as food or medicine

8 ounces fresh Lion's Mane mushrooms

1 cup chopped onions

3 Tablespoons basil pesto

1 Tablespoon avocado oil

1 cup chopped multi-colored bell peppers

1 large clove garlic, minced

2 to 3 cups seafood or vegetable broth, divided

1 (14.5 oz.) can no or reduced salt diced tomatoes with Italian herbs

1 cup no or reduced salt mild chunky salsa

1/2 Tablespoon chili powder

1 teaspoon cumin

1 teaspoon coriander

1 (15 oz.) can no salt black beans, drained, rinsed

1 Tablespoons basil pesto

Top with: reduced fat sour cream as desired; chopped toasted sliced almonds, Garnish: fresh cilantro

Note: Season to taste; more chili powder can be added or chopped hot peppers if desired

- Shred or chop Lion's Mane mushrooms into bite-size pieces; place in medium sized bowl. Add onions and pesto.
- Heat avocado oil in a medium sized chili pot, sauté mushrooms mixture over medium high heat for about 4 minutes. Add chopped peppers and garlic, cook for about 1 minute.
- Add 2 cups broth; scrape bits off bottom of pan; add tomatoes, salsa, chili powder, cumin, coriander, and beans.
- Heat over medium heat until mixture starts to boil.
- Reduce to low heat; simmer for 20 to 30 minutes; add additional broth as needed for desired consistency. Stir in 1 tablespoon of pesto.
- Serve in bowls: Top each serving with a dollop of sour cream and sprinkle with toasted almonds. Garnish with sprig of fresh cilantro. Serves: 4

Cook's Note: Fresh Lion's Mane mushrooms can be ordered from Windy City Mushrooms. Make sure that your canned products are no salt or reduced salt; then season as desired to taste.

About the Recipe: This chili is very mild, highlighting the flavor and texture of the Lion's Mane (Pom Pom) mushrooms. It's easy to make after work or for that special company. Great served with crusty bread.

How Can Lion's Mane Mushrooms Help You

"Lion's mane is thought to help with better sleep because it stimulates nerve growth factor (NGF). These neurons are found in the brain and are responsible for modulating sleep."

Rishi mushrooms are also beneficial to help enhance the immune system, reduce stress, improve sleep, and lessen fatigue.

For More Information See:

<https://www.healthline.com/nutrition/lions-mane-mushroom#the-bottom-line>

Why Add Almonds?

These nuts contain high amounts of melatonin, which support regular sleeping patterns. They are healthy evening snacks since they are high in good fats and low in sugar and saturated fats.

For More Information See:

<https://www.medicalnewstoday.com/articles/324295#summary>

Why Fresh Herbs? – They have a calming effect on your body, especially basil that reduces tension and promotes sleep.

For More Information See:

<https://www.netmeds.com/health-library/post/insomnia-natural-cure5-superb-spices-from-your-kitchen-to-get-you-sleeping-aq>

Why Black Beans?

Black beans can be considered good for sleep due to their content of tryptophan, an amino acid that helps produce melatonin, a hormone crucial for regulating sleep cycles; additionally, black beans are a good source of magnesium, another mineral linked to improved sleep quality.

For More Information See:

<https://nypost.com/2024/08/12/health/this-cheap-food-can-lower-blood-pressure-and-improve-sleep/#:~:text=Black%20>