



Stephanie & Tony's spinach and mushrooms.

Ingredients:

4 cloves garlic
3 oz olive oil
Red pepper flakes
Black pepper and sea salt
1 can chick peas, drained and rinsed
1 qt chicken stock
1/2 qt water
1 cup sliced mushrooms
3 oz baby spinach
Pinch Fresh rosemary
Fresh parsley
Parmesan cheese.

Directions:

In a large pot, heat olive oil and garlic with red pepper flakes until garlic begins to golden. Add chick peas with salt and pepper, stir for a few minutes. Lower heat and add mushrooms.

Pour in chicken stock and water and bring to a boil. Allow pot to boil for 5 minutes then add spinach, rosemary and parsley.

Serve with cheese.