



## Recipes

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### Sautéed Vegetable Mixture

Serves 1

#### Ingredients:

3 Tbsp. Olive Oil  
3 cups Mushrooms , sliced  
3 cups Bell pepper, julienned  
6 cups Baby spinach  
1 1/2 cups Green Onions , chopped  
As needed Salt  
As needed Black Pepper

#### Directions:

