

STUFFED PORTABELLA MUSHROOMS



Stuffed Portabella Mushrooms

You can use this stuffing recipe for stuffed peppers or cabbage, etc. It is vegetarian and very nutritious. You can easily adapt this recipe for gluten-free needs. You can make this dish 2-3 days ahead of time and is an excellent party dish.

- 1:2 ratio of grain to liquid
- 1 ½ to 2 cups oat groats to 1 container Organic Vegetable Broth or 4 c dark beer or coconut water. Some portabella mushrooms, stems removed
- The least amount of extra virgin olive oil to lightly coat the mushrooms
- 1 small chopped onion
- 2 chopped carrots
- 4 chopped celery stalks
- Minced garlic cloves, as many as you want
- Good white wine to simmer the grain/vegetable mixture – ½ to 1 cup
- 1 small pkg shredded Gruyere or Swiss Cheese
- 1 small bunch of chopped fresh thyme and oregano (or ½ tsp of each dried herb)
- shaved or shredded Parmesan Cheese for topping
- Salt and pepper to taste

Directions:

Prep time: 15 min Cook time: about 1 hr total

Place broth and oat groats in a medium saucepan and bring to a boil. Reduce the heat and simmer, covered for 50 minutes. Preheat the oven to 350° F. Place mushrooms, rounded side down in a large baking dish. Brush both sides with 1 tbsp. olive oil and season with salt and pepper; bake for 15 – 20 minutes. Add vegetables and cook in about a tbsp. of olive oil over medium heat for 10 minutes or until softened, stirring frequently. Stir in cooked oat groats, wine, cheese and herbs. Spoon in the mixture in the mushrooms and sprinkle with Parmesan cheese. Bake for 15 – 20 minutes or more until the mushrooms are very soft.

This recipe makes enough to stuff 6 large or 12 small mushrooms