

Stuffed Portabella Mushrooms



INGREDIENTS

- 3-4 portabella mushroom caps
- 4-5 medium Yukon Gold potatoes, peeled and chopped
- 1 medium onion, diced
- 1 medium red bell pepper
- 2 cups chopped spinach
- 1/2 c nutritional yeast
- 2-3 garlic cloves

PREPARATION

- Preheat oven to 350 degrees.
- Fill a large pot with water and add the chopped potatoes, bringing it to a boil.
- Scoop out the gills from the mushroom caps and set aside.
- While potatoes are cooking, saute the onions, garlic and red pepper in a skillet using water or a bit of vegetable broth.
- Add spinach and cook until wilted.
- When potatoes are done, mash and add to the veggie mixture, combine well.
- If using nutritional yeast, add to mixture and combine well.
- Scoop mixture into mushroom caps, filling lightly and to the top.
- Bake in oven for 30 minutes until mushrooms are cooked.
- Switch oven to broil and cook for additional 5 minutes until tops are browned.

Recipe courtesy of Chef AJ - it has been slightly amended from the original published recipe