Stuffed Portobello Mushrooms

Servings
4 servings

Ingredients
- 4 large Portobello caps
- 1 tablespoon olive oil
- 1 onion (diced)
- 3 garlic cloves (minced)
- 2 cups canned black beans (drained and rinsed)
- 1 teaspoon chili powder
- 2 teaspoons lime juice
- salt and pepper to taste
- fresh cilantro (chopped) as garnish

Directions
1. Clean mushrooms, remove stems, and scrape out gills with a spoon
2. Lightly brush mushrooms with olive oil
3. In a mixing bowl, combine olive oil, onion, and garlic.
4. Add in beans, chili powder, lime juice, salt, and pepper.
5. Divide black bean filling among Portobello caps.
6. Top with a garnish of cilantro

Nutrient content per serving
- Calories: 192cals
- Carbs: 28.5g
- Protein: 12g
- Fat: 3.75g
- Sodium: 132mg
- Fiber: 8.25g