



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

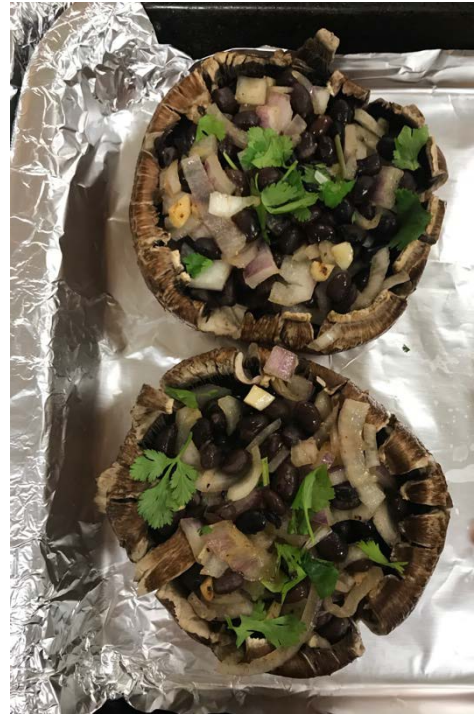
Stuffed Portobello Mushrooms

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

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