Chorizo Stuffed Mushrooms

Prep: 15 mins Cook: 30 mins Total: 45 mins

Servings: 12 | 1x | 2x | 3x |

INGREDIENTS

- 1 lb. Pederson's Natural Farms No Sugar Chorizo
- 1 Tbsp. ghee (we recommend Pure Indian Foods ghee)
- ½ medium yellow onion, finely diced
- ½ red bell pepper, finely diced
- 3 cloves garlic, finely minced
- 2 lb. button mushrooms with stems removed (reserve ½ stems for filling)
- 2 cups fresh spinach or greens of choice, chopped
- ¼ cup fresh parsley, chopped + more for garnish

INSTRUCTIONS

1. Preheat oven to 350°F. Line a large rimmed baking sheet with parchment paper and set aside.
2. Finely chop ½ of reserved mushrooms stems (discarding any woody pieces).
3. In a large skillet over medium heat, melt ghee. Add mushrooms and saute until they start to release moisture.
4. Add diced onion and bell pepper. Continue to cook, stirring occasionally, until onion starts to soften. Add garlic and cook an additional 30 seconds.
5. Remove skillet from heat, add chopped greens and parsley and stir to combine. Allow filling to cool slightly before adding chorizo. Use your hands or a large spoon to mix the vegetable mixture into the chorizo.
6. Using a spoon or your hands, scoop a bit of chorizo mixture into each mushroom, mounding each slightly.
7. Bake in a 350°F oven for 25-30 minutes or until filling is cooked through and mushrooms are tender.
8. Arrange on serving tray and garnish with additional chopped parsley if desired.

NOTES

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Note: We only test the recipes with the listed ingredients and measurements, unless otherwise noted. If you would like to try a substitution, you are welcome to share what you used and how it turned out in the comments below. Thanks!

NUTRITION INFORMATION

Serving Size: 3 pieces **Calories:** 125 **Fat:** 8g **Sodium:** 187mg **Carbohydrate:** 3g (**Fiber:** 1g **Sugar:** 1g) **Protein:** 8g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Paleo Whole30

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