

# Giant Stuffed Mushrooms



Serves 5

Ingredients:

- 6 large portobello mushroom caps, stems and gills removed\*
- 1- $\frac{1}{2}$  pounds ground beef
- 1 pound Italian pork sausage
- 3 celery stalks diced
- $\frac{1}{2}$  green bell pepper diced
- 1 red onion diced
- Diced mushroom stems
- 1 teaspoon paprika

- 1/2 teaspoon cayenne pepper
- 2 tablespoons dried basil
- 1 tablespoon tarragon
- 6 garlic cloves, minced
- Salt and pepper, to taste
- 1 egg
- 1/4 cup olive oil
- 1/4 cup coconut flour

#### Instructions:

1. Pre-heat oven to 400°F.
2. Rub the outside of the mushrooms with olive oil and place cap down in a large glass baking dish.
3. In a large soup pot, brown the sausage and ground beef, add the bell peppers, onions, celery, and mushrooms and cook until the veggies are tender.
4. Transfer the meat/veggie mixture to a food processor and add all the spices, the egg, olive oil and the coconut flour. Process until the mixture is finely chopped.
5. Scoop mixture into the mushroom caps. Cook in the pre-heated oven for 20 minutes or until brown and bubbly.

#### Note:

\*Clean mushrooms by wiping with a moist paper towel. Running them under water can result in a soggy texture.

Nutrition per serving: Calories 542; Total Fat 39.2 g; Saturated Fat 12.6 g; Monounsaturated Fat 19.9 g; Polyunsaturated Fat 3.6 g; Total Carbohydrates 13.2 g; Dietary Fiber 4.1 g; Sugar Alcohols 0.9 g; Sugars 5.1 g; Protein 33.8 g; Sodium 545 mg