

Easy Stuffed Mushrooms ~ Sarah Roberts

INGREDIENTS

16 Whole white mushrooms (size depends on your needs)
1 small cooking onion or one medium shallot
1 Tablespoon unsalted butter or Ghee
1-2 Tablespoons goat cheese (about ¼ teaspoon per mushroom)
1-2 cloves fresh garlic
4 stalks fresh thyme (can be previously frozen)
Salt & pepper to taste

DIRECTIONS

Preheat Oven to 400° F. Prepare a large baking sheet with parchment paper.

Clean the mushrooms and cut the very ends off each stem.

Remove the stems by gently pushing and pulling or wiggling them out

Arrange the hollowed out mushrooms on your baking sheet, being sure not to overcrowd them.

Chop the mushroom stems into small pieces using your chef's knife. Mince onion or shallot. Set aside.

Heat frying pan over medium heat and melt the butter/ghee. Add in the onions. Sauté for about 4 minutes until the onions begin to appear translucent.

Add in the mushroom pieces. Season well with salt and pepper.

Increase the heat to medium high and sauté for about 3 more minutes, allowing everything to brown.

Add in fresh thyme (if using rosemary instead, you may want to finely chop it—about 1-3 stalks).

Add in one crushed garlic clove and cook, being sure not to let it burn.

Remove the mixture from the heat and set aside, allowing it to cool while you stuff the mushrooms with goat cheese.

Using a teaspoon, place some goat cheese (about ¼-½ teaspoon) into each mushroom cavity.

Use another teaspoon to scoop mushroom filling onto each mushroom and press down gently with the back of the spoon or your fingers.

Roast mushrooms in the oven at 400° F for 15-23 minutes, depending on their size. **Then, enjoy!!**