



Chorizo Stuffed Mushrooms



prep time
15 minutes



total time
45 minutes



servings
12

Ingredients

- 1 lb/450 grams Chorizo (see **“Lucy’s Chorizo Goodness”** in the Cast Iron Frittata recipe on SP Fuel - or you can use any chorizo you can find, it may have a higher fat & lower protein content than this recipe)
~12.5 protein servings (assumes using the recipe provided)
- 1 Tbsp. ghee or butter ~ 1 fat serving
- ½ medium yellow onion, finely diced
~ 1 veggie serving
- ½ red bell pepper, finely diced
~ ½ veggie serving
- 3 cloves garlic, finely minced
- 2 lb. button mushrooms with stems removed (reserve ½ stems for filling)
~ 2 veggie servings
- 2 cups fresh spinach or greens of choice, chopped ~ 1 veggie serving
- 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 the 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 for 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.

Whole Recipe Breakdown:
12.5 Servings Protein
0 Servings Carb
1 Servings Fat
4.5 Servings Veggies

 appetizer

