



Stuffing 2:

Tomato sauce

Cheese for melting (Lactose-free in case of intolerance)

Oregano

Stuffed mushrooms

Ingredients (makes multiple servings)

Mushrooms

Extra virgin olive oil

Salt (Skip in case of high blood pressure or fluid retention)

Stuffing 1:

Vegetables

Romesco sauce

Stuffing 3:

Minced meat

Vegetables

Bechamel (Lactose-free in case of intolerance)

Method

For the mushrooms:

1. Remove the mushroom stem so that the base can be stuffed. Save the stem for another recipe. In a frying pan with olive oil, gently brown the mushrooms on both sides. Season with a pinch of salt and set aside.
2. When the stuffing is prepared, stuff the mushrooms and serve at room temperature except for the meat stuffing version, which can be lightly heated in the microwave before serving.

For the stuffings:

Option 1. Wash and chop the chosen vegetables. Gently fry in a pan with a dash of olive oil for ten minutes. Take off the heat and stir in Romesco sauce.

Option 2. Spread the tomato sauce inside the mushrooms, sprinkle some oregano and cover with cheese.

Option 3. Wash and chop the chosen vegetables. Sauté in a pan with the minced meat and some drops of oil for about ten minutes. When cooked, remove from the heat, and add bechamel sauce.