STUFFED MUSHROOMS

PHASE 2
Serves 4
6 ounces lean ground beef
¼ cup minced onion
1 cup minced spinach
1 teaspoon garlic
4 large Portobello mushrooms
Sea salt and pepper to taste
4 tablespoons organic vegetable broth
Brown the first four ingredients in a pan. Divide mixture into four and stuff into the mushrooms. Season with salt and pepper to taste.
Pour 1 tablespoon vegetable broth over each mushroom, cover with aluminum foil and bake at 400 degrees for 15 minutes. Serve hot (or freeze and reheat when ready to eat).”

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