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).”  
  
Excerpt From: Pomroy, Haylie. “The Fast Metabolism Diet.” Harmony, 2013-04-09. iBooks.  
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