

Brown Rice Stuffed Portobello

Ingredients:

- 4 portabella mushroom caps
- 2 tsp. olive oil
- 1 cup onion, diced
- 1 cup carrot, shredded
- 5 cloves garlic, minced
- 1 cup brown rice
- 3 ½ tbsp. pine nuts
- 2 cup low sodium vegetable broth
- 3 ⅓ tbsp. raisins
- 1 tsp. cumin
- ½ tsp. salt
- 1 tsp. pepper
- 9 ½ ounce garbanzo beans



*VEGAN



*GLUTEN-FREE



*SOY FREE



*CONTAINS NUTS

Nutrition Facts

Serving Size 1 portabello mushroom
Servings Per Container 4

Amount Per Serving

Calories 400 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 430mg **18%**

Total Carbohydrate 73g **24%**

Dietary Fiber 11g **44%**

Sugars 6g

Protein 11g

Vitamin A 100% • Vitamin C 10%

Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Preheat oven to 400 degrees.
2. In a medium sauce pan over medium heat, sauté onion, carrot and garlic in olive oil for 5 minutes.
3. Add brown rice and pine nuts and sauté for another 5 minutes.
4. Add broth, raisins and cumin. Cover and simmer for 30-40 minutes.
5. In a separate sauce pan sauté garbanzo beans until soft and slightly browned.
6. Combine rice and garbanzo beans.
7. Stuff mixture evenly into mushroom caps.
8. Bake for 20 minutes 400 degrees.