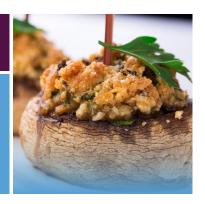
Baked Stuffed Mushrooms

This crowd favorite features three U.S. cheeses a delicious Mexican twist.



INGREDIENTS

(Makes 32 Mushrooms)	
Button Mushrooms, medium (6-7cm)	32
Tomatillos (Ground Tomatoes), diced	200g
Green Chilies, mild, seeded, diced	100g
Onion, diced	60g
Salt	5g
Pepper	0.5g
Garlic Powder	0.5g
Cumin, ground	0.5g
Ground Beef	400g
Egg	1
U.S. Pepper Jack, shredded	120g
Cooked Rice	160g
U.S. Cheddar, shredded	60g
U.S. Parmesan, grated	40g
Breadcrumbs, dry	40g

NUTRITIONAL CONTENT

Per 100g	
Calories	129kcal
Total Fat	7g
Saturated Fat	4g
Trans Fat	Og
Cholesterol	37mg
Total Carbohydrates	7g
Dietary Fiber	1g
Sugars	1g
Protein	9g
Calcium	115mg
Magnesium	9mg
Phosphorus	98mg
Potassium	170mg
Sodium	304mg
Iron	1mg
Vitamin A	149IU
Vitamin C	5mg

PREPARATION

- 1. Preheat oven to 175°C (350°F).
- 2. Carefully remove stems of the mushrooms by breaking them apart from the caps. Slice bottom off each stem.
- 3. Place cleaned stems in a food processor with tomatillos, chilies, onions, salt, pepper, and cumin. Blend until almost smooth.
- 4. In a medium sauté pan, cook ground beef until browned and crumbled. Drain off fat, add the stem mixture, and bring to a simmer. Take off heat and let cool.
- In a medium bowl, place the cooked ground beef mixture, egg, pepper jack, and rice. Mix until incorporated.
- 6. Fill the mushroom caps, mounding high with beef mixture, and arrange them on a baking sheet pan.
- 7. Place cheddar, parmesan, and breadcrumbs in a small bowl and mix together until crumbly.
- 8. Top each mushroom with an even amount of the cheese mixture, pressing onto the beef.
- 9. Cook for 15-20 minutes until lightly browned and serve.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on <u>ThinkUSAdairy.org</u>, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.

