

Stuffed Portobello Mushroom w/ Harissa Sauce

INGREDIENTS

Harissa Sauce

1 roasted red pepper, peeled & minced
¼ cup shallots, minced
2 tsp minced garlic
1 TBSP olive oil
1 TBSP chopped fresh mint
1 TBSP fresh lime juice
1 tsp Dijon mustard
1 TBSP fresh minced cilantro
½ tsp salt
½ tsp red pepper flakes
½ tsp ground coriander
½ tsp ground black pepper

Bean Mixture

2 cups cooked cannellini or black beans
1 tsp olive oil
½ tsp salt
½ tsp pepper

Mushrooms

4 large Portobello mushroom caps
¼ cup olive oil
½ cup Vegetable broth
½ tsp salt
¼ tsp ground black Pepper

PREPARATION

- Prepare harissa sauce by combining 12 ingredients, then setting aside to marry the flavors
- Combine drained, rinsed beans in small pot and add enough water to cover. Heat beans over medium-low heat until warmed through. Drain very well.
- Combine drained beans, 1 tsp olive oil, and salt & pepper in a food processor. Puree until smooth. Add water as needed. Mixture should be fairly thick.
- Preheat grill to medium heat and lightly oil the grate. Brush mushroom caps on both sides with olive oil. Season with salt and pepper. Grill the mushrooms, gill-side up, basting frequently with vegetable broth, about 4-minutes per side.
- To serve: Top each mushroom cap with ½ cup bean puree and 2 TBSP harissa sauce.