

meat, feta and spinach stuffed mushrooms

Makes 6 large stuffed mushrooms

RECIPE ADAPTED FROM: [The Roasted Root & Wholesome Yum](#)

PREP TIME: 10 minutes

COOK TIME: 25 minutes

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- 6 medium-sized portabella mushrooms
 - ½ red onion, finely chopped
 - 4 cloves garlic, minced
 - 1 Tbsp olive oil
 - 1 Tbsp fresh parsley, chopped
 - ½ lb ground beef, bison or elk, preferably grass-fed
 - ¼ tsp paprika
 - ⅛ tsp ground thyme
 - 3 oz baby spinach leaves, chopped (about half a bag)
 - sea salt and black pepper, to taste
 - ½ cup feta cheese, crumbled
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NOTES

- Leftover stuffed mushrooms keep well in the refrigerator for 4-5 days. Reheat them in the oven or microwave, and drain any extra liquid that may come out.
- You can freeze this spinach stuffed mushroom recipe. Store them in a freezer container either before or after baking. You don't need to thaw them before baking.

PREHEAT oven to 400°F (204°C). Line a baking sheet with foil or parchment paper (oil lightly if using foil).

WASH the mushrooms, remove the stems and arrange the mushroom caps cavity side up on the baking sheet in a single layer. Drizzle with olive oil. Season with sea salt and black pepper.

CHOP the mushroom stems, onion and garlic.

OVER medium heat, warm the olive oil in a medium-sized skillet. Add the mushroom stems and onion and sauté for about 5 minutes.

ADD the garlic, paprika, thyme, salt, pepper and sauté a few more minutes, until onion is soft.

ADD the ground meat and chopped spinach at the same time. Cook just until spinach leaves have wilted and the meat is brown but not cooked all the way through. Remove skillet from heat.

STIR feta cheese crumbles and parsley into mixture.

USING a spoon, scoop the mixture into the mushroom caps.

BAKE in the oven for 15-20 minutes, until juices are seeping out of mushrooms. Allow mushrooms to sit a couple of minutes before placing on a platter to serve.

