

# Vegan Stuffed Mushroom Recipe

## Ingredients

12 mushrooms  
1 yellow onion, chopped  
1 tsp grapeseed or coconut oil  
1 garlic clove, pressed or minced  
1 Tbsp fresh thyme or basil (or 1 tsp dried)  
2 Tbsp red or white wine  
3 Tbsp water  
Fresh spinach leaves, chopped  
pinch of sea salt  
1/4 cup almonds or 1/4 less 1 Tbsp cup ground almonds  
Salt & pepper

## Directions

Take the stems off the mushrooms and chop the stems finely after washing the mushrooms.

Sauté the onion in the oil until clear, then add the garlic, the mushroom stems and the thyme. When the stems soften, add a small amount of wine to the pan, and then add the water. Put the mushroom caps in a pan, tops down. Spoon a small amount of wine over them and then let them simmer for about 5 minutes.

During this time toast the almonds lightly and then grind them in a coffee grinder, blender or food processor (unless using ground almonds). Mix them in a small bowl with salt, and pepper. Remove the mushrooms from the pan, then place the spinach to the pan and add a small pinch of salt to taste. Turn off the heat once the spinach is wilted and stir together the mushroom stems and almond mixture with the spinach.

Spoon the mixture into the mushroom caps, and place them on a baking dish. Put them into the oven, preheated to 350 degrees F, for 15-20 minutes. The stuffing will start to brown when done, and the mushrooms should be soft and moist. Serve immediately.