

Portabella “Steak”

Serves 3



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 3 portabella mushrooms
- 2 tablespoons reduced sodium tamari
- 1 tablespoon grapeseed or canola oil
- 1 tablespoon balsamic vinegar
- 2 cloves garlic, minced
- ½ teaspoon dried oregano, optional

Directions

1. Remove stems from the mushrooms and wipe clean with a damp towel.
2. In a large skillet, combine all ingredients except mushrooms and bring to a simmer.
3. Add mushrooms, gill side up, and cook for 3-4 minutes on each side, or until tender. Remove from heat and serve.

Notes

If this recipe does not need to be gluten-free, reduced sodium soy sauce can be substituted for the tamari.

Alternatively, mushrooms can be marinated in these same ingredients for 1 hour, then grilled.

Experiment with other flavors: Red wine, steak sauce, parsley, rosemary, paprika, cumin, etc.

Serve as a “steak” with other sides ([mashed cauliflower](#) or potatoes, green beans, etc.) or on a bun as a “burger.”

[Avocado chimichurri](#) makes a great topping for these “steaks.”

Recipe from [7-Minute Veggies cooking class, Fall 2017](#)