

Philly Cheese “Steak” Portobellos



COURSE

Lunch, Snack



SERVINGS

7 serving

CALORIES

279 kcal

INGREDIENTS

- 14 portobello mushrooms
- 1 Tbsp olive oil divided
- 1 lb seitan diced; for gluten free, use tofu or another protein
- 1 Tbsp cornstarch
- 2 tsp salt
- 1 tsp ground black pepper
- ½ tsp cayenne to taste
- 1 tsp dried thyme
- 1 tsp garlic powder
- 2 green peppers diced
- 1 medium yellow onion diced
- 4 cloves garlic minced
- 1-2 Tbsp dijon mustard to taste
- 14 slices Violife vegan provolone

INSTRUCTIONS

1. Position a rack in the center of the oven and preheat to high broil. If you don't have a broiler, turn your oven to its hottest setting.
2. Clean your remove the stem. Using a small spoon, scrape out the gills of each mushroom and discard.
3. Place the mushrooms on a sheet pan. Spritz your sheet with cooking spray. Place them gill side-down and broil for about 4 minutes.

4. Remove the mushrooms from the oven and flip them. Season the inside of each cap with 1⁄8 to 1⁄4 teaspoon salt.

5. Return the mushrooms to the oven and broil for another 4 minutes, watching carefully so as not to burn them. Remove them from the oven and set aside. Leave the broiler on.

6. Place the diced seitan in a medium bowl and sprinkle it with the tapioca flour, salt, pepper, cayenne, thyme and garlic powder. Toss until evenly coated.

7. Add 1 Tbsp olive oil to a large skillet over medium heat. Add the bell pepper, onion and garlic and sauté, scraping any browned bits until the vegetables are just softened, about 5 minutes.

8. Add the seitan to the skillet and the mustard. Toss until well combined. Cook for about 5 more minutes until browned bits start to form on the seitan as well. Remove the mixture from the heat.

9. Divide the filling between the mushroom caps. Top each mushroom with one slice of vegan provolone. Return them to the oven and broil for about 3 minutes to melt and brown the cheese, watching carefully so as not to burn it.

NUTRITION

Nutrition Facts	
Philly Cheese “Steak” Portabellos	
Amount Per Serving (1 serving)	
Calories 279	Calories from Fat 117
% Daily Value*	
Fat 13g	20%
Carbohydrates 22g	7%
Protein 20g	40%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD

gluten free, soy-free

Tried this recipe?

Let us know how it was!