

VEGAN PORTOBELLO PIZZAS

Prep time	Cook time	Total time
5 mins	25 mins	30 mins

8-ingredient vegan gluten free pizzas that are entirely plant-based. Roasted portobello crust, savory tomato sauce, fresh vegetables and vegan parmesan!

Author: Minimalist Baker

Recipe type: Entree

Cuisine: Vegan, Gluten Free, Italian

Serves: 2-3



Ingredients

- 3 large portobello mushrooms, wiped clean, stems removed
- Olive oil
- 1/4 tsp garlic powder
- 1/4 tsp dried basil
- 1/4 tsp dried oregano
- 1 cup [pizza sauce](#)
- 1/2 cup mixed veggies (onion, mushroom, tomato, green pepper, etc.)
- [Vegan Parmesan Cheese](#)

Instructions

1. Preheat oven to 400 degrees F.
2. Place cleaned mushrooms on a baking sheet and lightly drizzle both sides with a little olive oil. Sprinkle with garlic powder, basil and oregano, then bake for 5 minutes.
3. In the meantime, prep veggies and prepare pizza sauce if you haven't done so already.
4. Once par-baked, pull mushrooms out of the oven and top with desired amount of pizza sauce, veggies and a sprinkle of vegan parmesan.
5. Bake for 15-20 minutes, or until the veggies are mostly cooked.
6. Serve with fresh basil, red pepper flake and extra vegan parmesan

Notes

*Nutrition information reflects 1 of 3 pizzas with vegan parmesan cheese.

*Inspired by [Life as a Strawberry](#) and [All Recipes](#)

Nutrition Information

Serving size: 1 pizza Calories: 165 Fat: 10g Saturated fat: 1.8g Carbohydrates: 14.5g
Sugar: 5g Sodium: 627mg Fiber: 4g Protein: 7.7g

Recipe by Minimalist Baker at <http://minimalistbaker.com/vegan-portobello-pizzas/>