

## Jaci's Portabello Mushroom Caps

Make 4 servings

Need

- 4 Large Portabello Mushrooms (the size of your palm or larger)
- 2 Roma tomatoes chopped (more if you like them)
- 2 Poblano Peppers chopped
- 1 Small purple onion chopped
- 2 cloves garlic minced
- 2 cups brown rice (cooked)
- 1 12 oz can black beans (drained and rinsed)
- Salt
- ¼ cup Balsamic vinegar
- 6-8 oz feta cheese

Cook brown rice separately per instructions on the bag/box or your rice cooker. You can use steam in a bag rice for this if preferred.

Drain and rinse the black beans

Prepare the Portabello Mushrooms by cleaning off the cap with a paper towel or light veggie brush to remove excess dirt. Then remove stem and membrane from inside the cap and throw away (or compost).

Pre-heat oven to 375 degrees

Saute onions, tomatoes, peppers and garlic together with a little olive oil for just two minutes to blend the flavors.

Remove veggie mixture and set aside.

Add a little olive oil to a pan and add mushroom caps to the pan and sauté for 2-3 minutes.

Spray a baking sheet or lasagne pan with butter-flavored cooking spray.

Remove the portabello caps from the sauté pan and place on the baking sheet

Fill caps with brown rice, black beans, chopped onions, peppers, and tomatoes

Add Salt and Pepper to taste

Drizzle a little more balsamic vinegar and sprinkle feta cheese over the top

Cook portabellos for 15-20 minutes at 375 degrees

Serve