



COOKING SHOW #137 - MUSHROOM MADNESS

Mushroom Rice Casserole

INGREDIENTS

- 2 cups parboiled (instant) brown rice**
- 1 yellow onion, diced small**
- 8 garlic cloves, chopped small**
- 1 lb. mushrooms, sliced**

- 3 1/4 cups veggie broth**
- 2 tablespoons tahini**
- 2 teaspoons miso paste (optional)**
- 1 teaspoon dried rosemary**
- 1 teaspoon dried sage**
- 1/2 teaspoon dried thyme**
- 1/2 teaspoon smoked paprika**

- 1 teaspoon black pepper**

To serve:

- 1 lemon, juiced
- fresh chopped parsley
- teaspoon black pepper

Chef's Notes

Not a fan of mushrooms? Try sliced zucchini!

METHOD

Preheat the oven to 400°F.

In a casserole dish, evenly spread the dry parboiled rice followed by the onion, garlic, and mushrooms in that order.

Add the next set of ingredients to a blender and blend for a few seconds. Evenly pour the blended mixture over the casserole and sprinkle the black pepper on top.

Cover with aluminum foil and bake for about 40 minutes or until the all of the liquid has been absorbed.

To serve, squeeze on the fresh lemon and sprinkle with fresh chopped parsley.





COOKING SHOW #137 - MUSHROOM MADNESS

Mushroom Cacciatore

INGREDIENTS

- 1 1/2 lb. red potatoes, chopped bite size
- 12 oz. mushrooms, quartered
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 1 tablespoon minced garlic

- 2 tablespoons Italian seasoning
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon crushed red pepper (optional)
- 1 bay leaf
- 1 tablespoon nutritional yeast

- 1 1/2 cups veggie broth
- 1 15 oz. can diced tomatoes
- 1 15 oz. can chickpeas, drained and rinsed
- 2 tablespoons tomato paste



METHOD

First, add the potatoes to a pot, cover with water, bring to a boil, reduce the heat, and simmer for about 10 minutes or until fork tender. Drain and set aside.

To a large pot or dutch oven, add the mushrooms, onion, bell pepper, and garlic. Sauté over medium-high heat for a few minutes until tender, adding a little water or veggie broth as needed to keep from sticking.

Add the next set of ingredients and continue to sauté for a couple more minutes.

Then, add the last set of ingredients along with the cooked potatoes. Stir well and lightly simmer for 5-20 minutes.

Sprinkle fresh parsley on top and enjoy!

To serve:

- fresh chopped parsley

Chef's Notes

Don't care for mushrooms? Leave them out!





COOKING SHOW #137 - MUSHROOM MADNESS

Mushroom Boscaiola

INGREDIENTS

Sauce

- 1/2 cup raw cashews
- 1 cup water
- 1 cup soy milk
- 5 garlic cloves
- 2 tablespoons dijon mustard
- 2 tablespoons nutritional yeast
- 1 tablespoon smoked paprika
- 1 teaspoon tamari (optional)
- 1/4 teaspoon black pepper



Pasta

- 8-10 oz. box pasta
- 1 yellow onion, sliced
- 1 lb. mushrooms, sliced
- 3/4 cup frozen peas
- 1 tablespoon white wine vinegar

To serve:

- fresh chopped parsley

Chef's Notes

For a less prominent mustard flavor, reduce the amount to 1 tablespoon.

METHOD

To make the sauce, add all of the ingredients to a high-speed blender and blend until smooth. Set aside.

Prepare the pasta according to the package directions.

Meanwhile in a separate sauce pan, add the onion, mushrooms, peas, and white wine vinegar. Sauté over medium-high heat for a few minutes or until tender, adding a little veggie broth as needed to keep from sticking.

Next, add the pasta and sauce to the pan with the veggies and mix well.

Serve with fresh chopped parsley. Enjoy!

