



Makes 8 to 10 mushrooms
Preparation Time: 15 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 cup thinly sliced fresh fennel bulb, fronds reserved for garnish

¾ cup thickly sliced red onion

½ of a 15-oz. can no-salt-added cannellini beans, rinsed and drained (¾ cup)

2 tablespoons chopped dates (4 dates)

2 tablespoons lemon juice

1 teaspoon ground cumin

½ teaspoon smoked paprika

½ teaspoon ground coriander

Sea salt, to taste

Freshly ground black pepper, to taste

8 to ten 2½-inch-diameter fresh baby portobello or cremini mushrooms

Smoky Vegan Stuffed Mushrooms

Melt-in-your-mouth mushroom caps are stuffed with a smoky, savory mixture of mashed beans and grilled veggies to create the perfect **party appetizer** for your next gathering. Start by charring some licorice-scented **fennel** and tangy red onion to amplify their natural sweetness before chopping them up to add to the creamy bean spread. Cumin, paprika, and coriander deliver a BBQ-style blend of seasonings that are enhanced with a squeeze of zesty lemon juice. The mouthwatering mixture gets spooned into each cap; then the stuffed mushrooms are grilled to tender perfection using a grill pan on the stove.

Tip: No grill pan? No problem. Simply bake the stuffed mushrooms on a rimmed baking sheet in a 400°F oven 15 minutes or until tender.

For more amazing mushroom recipes, check out these tasty ideas:

- [Potato-Spinach Casserole with Trumpet Mushrooms](#)
- [Vegan Welsh Rarebit with Mushrooms](#)
- [Vegan Potato Gnocchi with Mushrooms and Greens](#)
- [Mixed Grain Bowls with Mushrooms and Lentils](#)

By Nancy Macklin, RDN

- 1** Preheat a grill pan over medium-high. Grill fennel and red onion 6 to 10 minutes or until crisp-tender, turning once. Transfer vegetables to a cutting board. Cool slightly and finely chop.
- 2** In a medium bowl stir together the next six ingredients (through coriander). Mash beans with a fork until chunky. Stir in chopped fennel and onion. Season with salt and pepper.
- 3** Remove any stems from the mushrooms. Spoon bean mixture into mushroom caps. Grill stuffed mushrooms over medium-high 10 to 12 minutes or until mushrooms are tender and release most of their liquid. Garnish with fennel fronds and serve warm.