



Mushroom steak
RECIPE

Mushroom steak



COOK TIME

30 min

PREP TIME

5 min

MAKES

4 servings

The stakes for making this Mushroom Steak couldn't be lower. Just throw it on a sheet pan with some veggies and pair with our Brown & Wild Rice (ready in just 90 seconds!).

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INGREDIENTS

- 6-8 large portabello mushrooms
- 10 oz. broccoli florettes
- 1 pint cherry tomatoes
- 2 packages of SEEDS OF CHANGE™ Organic Brown and Wild Rice w/Tomato and Roasted Garlic
- 1 medium shallot, minced
- 1 1/2 Tbsp. flour
- 1 cup mushroom stock or vegetable stock
- 1 Tbsp. tarragon
- splash milk (optional)
- 1 medium lemon, cut into wedges

DIRECTIONS

1. Preheat the oven to 400F. Place the portobello mushrooms, broccoli and cherry tomatoes on a parchment lined sheet pan. Toss with olive oil and a sprinkle of salt. Bake for 20-25 minutes.
2. Meanwhile, heat a drizzle of oil in a small pot. Add the shallots and cook until softened, about 3-4 minutes. Stir in the flour, and mix well. Slowly pour in the stock and bring to a boil. Let it simmer for 5-7 minutes until thickened, whisking occasionally. Turn off the heat and whisk in the milk if using.
3. Prepare Brown and Wild Rice w/Tomato and Roasted Garlic per package instructions.
4. Plate each mushroom steak with roasted veggies and rice. Drizzle the gravy style sauce otop the mushroom. Sprinkle with tarragon and serve with lemon wedges.
5. Tip: Chop the mushroom stems and add into the sauce for more mushroom flavor!



NUTRITION INFO

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Column 1	Column 2
Servings	4
Calories (per serving)	320
Total Fat	4g
Saturated Fat	0g
Trans Fat	0g
Total Fat % DV	5%
Saturated Fat % DV	0%
Trans Fat % DV	0%
Cholesterol	0
Cholesterol % DV	0%
Sodium	410mg

Column 1	Column 2
Sodium % DV	18%
Total Carbohydrate	60g
Dietary Fiber	5g
Sugars	8g
Total Carbohydrates % DV	22%
Dietary Fiber % DV	18%
Protein	12g
Vitamin A	N/A
Vitamin C	N/A
Calcium	6%
Iron	10%

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[Mediterranean board](#)

Cook time

15 min

Prep time

15 min

[SEE DETAILS](#)



[Salmon rice chowder](#)

Cook time

40 min

Prep time

5 min

[SEE DETAILS](#)



[Roasted brussels sprouts with whole grains and fruit](#)

Cook time

20 min

Prep time

10 min

[SEE DETAILS](#)



[Mushroom risotto style rice & grains](#)

Cook time

5 min

Prep time

15 min

[SEE DETAILS](#)

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