

# Crock Pot Sausage-Stuffed Portobello Mushrooms



These 5-ingredient stuffed caps are a delicious main or side dish!

Two tips with today's amazing recipe.....

1. Find a ground sausage that you like. It can be a prepped tube from the grocery store or a visit to a special deli or anything in between. But when you find it, it becomes a mainstay in your home for breakfast, lunch or dinner. No endorsement here, but my personal favorite is the country pork sausage from The Fresh Market. I also like that they shape it into the face of a pig each day and that makes me smile. But I really like the combinations of spices that gives it a little kick and a lot of taste.

2. Learn how to clean a mushroom. Because it is a sad sad day when you didn't REALLY get all the dirt out of it and then after 4-6 hours your dinner actually tastes more like mud than anything else. That's disgusting.

## How to Clean a Mushroom Cap

*Here's my step by step process to clean a portobello mushroom properly. Sorry for the footage- I had the phone propped on my paper towel holder, but I promise to start uploading better videos soon!*



The BEFORE mushrooms are on the left and the AFTER ones are beautiful on the right.

Now that your mushrooms are prepped, you just need to mix together the ingredients, much like making a meatloaf. This dish will taste much more complex than the basic ingredients because of all the seasonings in the sausage- so remember to pick a good one.

## Crock Pot Sausage-Stuffed Portobello Mushrooms

Serves 2-3

4-6 portobello mushroom caps, properly cleaned of skin and “gills”

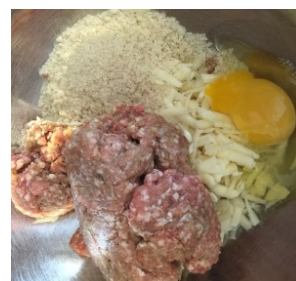
1/2 c. shredded gruyere cheese

1/2 c. shredded white cheddar cheese

1/2 cup panko bread crumbs

1 egg

Prep and wash mushrooms and then put in crockpot with the smooth side down and the underside facing UP. Mix the remaining ingredients in a separate bowl and then form into patties, much like a hamburger.



Place each patty into each mushroom cap and smush just a little so that the two things join together. Do not push so hard that you break the mushroom cap, but if you just did- it's ok. A broken mushroom tastes just the same.



Cook on high for 3-4 hours. The filling will cook through and brown just a little on top.