# Healthy Recipe of the Week
*Use Organic ingredients whenever possible.*

## Giant Stuffed Portobellos
From Everyday Paleo by Sarah Fragoso

Serves: 5-6

4-6 Portobello mushrooms
½ green bell pepper
1 red onion
3 celery stalks
6 garlic cloves
1 pound ground spicy Italian pork sausage – or links with casing removed
1 pound ground beef
1 tsp paprika
¼ tsp cayenne pepper
2 Tbsp dried basil
1 Tbsp dried tarragon
Pinch of sea salt
Black pepper to taste
1 egg
¼ cup extra-virgin olive oil
¼ cup coconut flour

1. Preheat the oven to 400°.
2. Use a moist paper towel to gently clean the mushroom caps. Gently remove the mushroom stems with a small knife and set the stems aside.
3. Using a spoon, carefully scoop out the gills from the insides of the mushrooms. Rub the outsides of the mushrooms with extra-virgin olive oil and place each cap down into a large glass baking dish.
4. Dice the bell peppers, onions, celery stalks, and mushroom stems, and mince the garlic.
5. In a large pot, brown the sausage and ground beef, add the bell peppers, onions, celery, garlic, and mushrooms, and cook until the veggies are tender.
6. Move the meat and veggie mixture from the pot into a food processor and add all of the spices, the egg, the ¼ cup of extra-virgin olive oil, and the coconut flour. Process until the mixture is finely chopped but not mushy – it should be chopped fine but still chunky.
7. Scoop the mixture evenly into each mushroom cap – make them really full. Spoon any remaining mixture around the mushrooms and cook your stuffed mushrooms in the preheated oven for 20 minutes or until brown and bubbly.