

# Savory Stuffed Baby Mushrooms

## NEW LIVING RECIPE

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**Serves about 8-10**

**You will need:**

**Cooking spray**

**1 ½ lb. baby mushrooms**

**1-2 teaspoons liquid aminos or low sodium soy sauce**

**1teaspoon liquid smoke**

**1 tablespoon freshly chopped thyme**

**2 tablespoon vegan butter, room temperature**

**2 cups tofu scramble**

**1 teaspoon paprika**

**½ cup finely chopped onions**

**1 cup fresh chopped spinach**

**2 cloves garlic, minced**

**Freshly ground black pepper to taste**

**2 tablespoons freshly chopped parsley, additional for garnish**

**1 cup vegan parmesan**

- 1** Preheat oven to 400°F. Spray the baking sheet with cooking spray—set aside.  
Remove stems from mushrooms. Wipe mushroom caps clean with a damp paper towel.
- 2** In a large bowl whisk, liquid aminos, liquid smoke, thyme, and 1 tablespoon of vegan butter. Place mushrooms in the marinade—set aside.
- 3** Meanwhile, in a separate mixing bowl, combine 1 tablespoon of butter, tofu scramble, paprika, spinach, garlic, and 1 tablespoon of parsley. Combine ingredients evenly.
- 4** Remove mushrooms from marinade; place mushrooms (cup side up) onto the baking sheet. Spoon mushroom caps with tofu mixture. Sprinkle mushrooms with vegan parmesan. Bake until mushrooms are soft and the tops are toasted golden brown—20 minutes.

Garnish with parsley and serve warm.

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