

# Baked Stuffed Mushrooms

This crowd favorite features three U.S. cheeses a delicious Mexican twist.



## INGREDIENTS

(Makes 32 Mushrooms)

Button Mushrooms, medium (6-7cm)	32
Tomatillos (Ground Tomatoes), diced	200g
Green Chilies, mild, seeded, diced	100g
Onion, diced	60g
Salt	5g
Pepper	0.5g
Garlic Powder	0.5g
Cumin, ground	0.5g
Ground Beef	400g
Egg	1
<b>U.S. Pepper Jack, shredded</b>	<b>120g</b>
Cooked Rice	160g
<b>U.S. Cheddar, shredded</b>	<b>60g</b>
<b>U.S. Parmesan, grated</b>	<b>40g</b>
Breadcrumbs, dry	40g

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	129kcal
<b>Total Fat</b>	7g
Saturated Fat	4g
Trans Fat	0g
Cholesterol	37mg
<b>Total Carbohydrates</b>	7g
Dietary Fiber	1g
Sugars	1g
<b>Protein</b>	9g
Calcium	115mg
Magnesium	9mg
Phosphorus	98mg
Potassium	170mg
Sodium	304mg
Iron	1mg
Vitamin A	149IU
Vitamin C	5mg

## PREPARATION

1. **Preheat oven to 175°C (350°F).**
2. **Carefully remove stems of the mushrooms by breaking them apart from the caps. Slice bottom off each stem.**
3. **Place cleaned stems in a food processor with tomatillos, chilies, onions, salt, pepper, and cumin. Blend until almost smooth.**
4. **In a medium sauté pan, cook ground beef until browned and crumbled. Drain off fat, add the stem mixture, and bring to a simmer. Take off heat and let cool.**
5. **In a medium bowl, place the cooked ground beef mixture, egg, pepper jack, and rice. Mix until incorporated.**
6. **Fill the mushroom caps, mounding high with beef mixture, and arrange them on a baking sheet pan.**
7. **Place cheddar, parmesan, and breadcrumbs in a small bowl and mix together until crumbly.**
8. **Top each mushroom with an even amount of the cheese mixture, pressing onto the beef.**
9. **Cook for 15-20 minutes until lightly browned and serve.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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