

Stuffed Mushrooms

by Cynthia Beavers

These can be served as is, or dehydrated beforehand.

4 Portobello mushrooms or 16 small mushrooms
4 c purified water
1 dash extra virgin olive oil
2 lemons juiced
4-5 cloves garlic minced
3 T oregano leaves
1 c Nama Shoyu
2 t organic pepper
2 c raw almond, soaked
1 c pine nuts
½ c sun-dried tomatoes, soaked
½ c basil leaves
½ c cilantro, chopped
1 ½ t light unpasteurized miso
½ t cumin



Clean and trim mushrooms. Fill a large bowl with filtered water, dash of olive oil, juice of one lemon, 3 cloves of minced garlic, oregano, 1 teaspoon of the pepper, and ¾ cup Nama Shoyu. Mix well by hand and add mushrooms. Let them marinate for at least 2 hours.

In the mean time make the Sun-Dried Tomato Pate stuffing: Put all almonds, pine nuts, sun-dried tomatoes, basil, miso, cumin, juice of 1 lemon, remaining garlic, pepper, dash of olive oil into food processor. Blend and taste. If it needs more salty flavor, add a bit of Nama Shoyu to taste. Add water as needed to blend, ¼ cup at a time.

Next, remove the mushrooms from marinade and drain, then pat dry and stuff with Sun-Dried Tomato paste. Dehydrate at 100-105 degrees for about 3-5 hours depending on how you like the texture. You can also eat them without dehydrating.