



THE ingles TABLE

with Sweet Memories Cooking
Stuffed Mushrooms

Shopping List

- 1 lb mushrooms
- 1 link sweet Italian sausage
- 1 small onion, diced
- 1 clove garlic, minced
- Parmesan cheese, shredded
- ½ cup bread crumbs
- Extra virgin olive oil
- Salt & pepper to taste
- Crushed red pepper flakes

Cooking Instructions

1) Clean mushrooms by wiping with a paper towel to remove any dirt. Remove the stems and set aside. Using a melon baller or spoon, clean out the inside of the mushroom caps.

2) Remove the sausage from the casing and place in a frying pan with 1 tbsp olive oil. Cook the sausage, breaking up with a spatula. Add the diced onions with the garlic.

3) Chop up the mushroom stems and add to the pan. When sausage is cooked and onions are transparent, remove and place in a bowl to cool.

4) When sausage mixture is cool, mix in the breadcrumbs, adding olive oil to moisten if needed.

5) Preheat oven to 350 degrees.

6) Stuff each mushroom with the sausage mixture, top with parmesan cheese, and drizzle with olive oil. Bake for 15 minutes.

