

## Sausage Stuffed Portobello Caps: The Perfect Appetizer

### Sausage Stuffed Portobello Caps



**OVEN**  
**375°F**

**TIME**  
**20-25 min**

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**Recipe Card**

**SAVE**  
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### INGREDIENTS

4 large portobello mushroom caps  
1/2 lb sausage, casings removed  
1/2 onion, diced  
2 cloves garlic, minced  
1/2 cup breadcrumbs  
1/2 cup grated Parmesan cheese  
1/4 cup chopped fresh parsley  
Salt and black pepper to taste

#### Swaps and Notes:

**Mushrooms:** Make sure to use large portobello mushroom caps here. You want them to be big enough to hold a generous amount of filling.

**Sausage:** A mild or hot Italian sausage works perfectly here, but you can also use a simple breakfast sausage.

**Breadcrumbs:** Panko breadcrumbs would also work well and would give you an even crispier topping.

**Cheese:** Grated Parmesan cheese adds a salty, savory flavor that is a fantastic complement to the sausage.

**Herbs:** Fresh parsley adds a bright, fresh finish. You can also use fresh basil or chives.

#### Step-by-Step Instructions:

**Prep the Oven and Mushrooms:** Preheat the oven to 375°F (190°C). Clean the mushroom caps and remove the stems. Using a spoon, gently scrape out the gills from the underside of the caps.

**Cook the Sausage:** In a large skillet, cook the sausage over medium heat until it is browned, breaking it up into small pieces with a spoon. Add the diced onion and minced garlic, cooking until they are softened.

**Make the Filling:** Remove the skillet from the heat. Stir in the breadcrumbs, grated Parmesan cheese, chopped fresh parsley, and a pinch of salt and black pepper to taste.

**Stuff the Mushrooms:** Place the mushroom caps on a baking sheet. Spoon the sausage mixture evenly into each cap, pressing it down lightly.

**Bake:** Bake in the preheated oven for 20-25 minutes, or until the mushrooms are tender and the filling is golden brown on top.

**Serve:** Serve the Sausage Stuffed Portobello Caps hot.

**Tips for Success:**

**Clean the Gills:** Removing the gills from the mushrooms is a crucial step! The gills hold a lot of moisture and can make the dish watery.

**Don't Overcook the Sausage:** Cook the sausage just until it's browned. It will continue to cook in the oven, and you don't want it to get tough.

**Use a Good Quality Sausage:** A good quality sausage will make a big difference in the final flavor of the dish.

**Serve Immediately:** These are best served hot and fresh from the oven.

**Serving Suggestions and Pairings:**

**Nutritional Information (per serving, approximate):**

Calories: 250 kcal

Carbohydrates: 15g

Protein: 15g

Fat: 15g

Saturated Fat: 5g

Cholesterol: 40mg

Sodium: 600mg

## DIRECTIONS

1. **Prep the :** Oven and Mushrooms: Preheat the oven to 375°F (190°C). Clean the mushroom caps and remove the stems. Using a spoon, gently scrape out the gills from the underside of the caps.
2. **Cook the :** Sausage: In a large skillet, cook the sausage over medium heat until it is browned, breaking it up into small pieces with a spoon. Add the diced onion and minced garlic, cooking until they are softened.
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4. **Stuff the :** Mushrooms: Place the mushroom caps on a baking sheet. Spoon the sausage mixture evenly into each cap, pressing it down lightly.
5. **Bake:** Bake in the preheated oven for 20-25 minutes, or until the mushrooms are tender and the filling is golden brown on top.
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9. **Use a :** Good Quality Sausage: A good quality sausage will make a big difference in the final flavor of the dish.
10. **Serve :** Immediately: These are best served hot and fresh from the oven.

11. **Serving Suggestions and Pairings:** These Sausage Stuffed Portobello Caps are a perfect appetizer on their own. They're so fun to eat and a true crowd-pleaser. For a full party spread, you could serve them alongside other great appetizers like a crockpot nacho dip or a platter of easy cheesy chicken sliders.
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16. **Saturated : Fat:** 5g
17. **Cholesterol:** 40mg
18. **Sodium:** 600mg
19. **Fiber:** 2g
20. **Sugar:** 2g
21. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
22. **Storage and Leftover Tips:** This dish is best served immediately. Leftovers are not recommended as the mushrooms will become soft and watery.
23. **More Recipes You'll Love:** If you enjoy easy, savory, and satisfying meals, you might also like these other recipes:
24. **This :** Tomato Skillet with Okra and Sausage is my favorite quick dinner packed with Southern flavor
25. **This :** Cajun Chicken Sausage Gumbo is my favorite bowl of Southern comfort

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