

AMERICAN CLASSICS

WITH

Giorgio[®]

America's Favorite Mushroom



VEGAN MUSHROOM STREET TACOS

WHAT YOU NEED

Mushroom Filling

1 ½ lbs portabella mushroom caps, diced
juice of 2 medium navel oranges
juice of 1 lime
2 cloves garlic, minced
1 tsp liquid smoke
½ tsp ground cumin
½ tsp paprika
¼ tsp kosher salt
¼ tsp ground oregano
⅛ tsp freshly ground black pepper
¼ tsp ground cinnamon

Cauliflower Filling

1 large head of cauliflower, finely chopped
2 tsp extra-virgin olive oil

½ tsp kosher salt
¼ tsp freshly ground black pepper

Adobo Sauce

½ cup vegan mayonnaise
1 Tbsp canned chipotles in adobo sauce

Superfood Booster

⅓ cup kale chips
1 tsp roasted sunflower seeds
1 tsp maca powder
⅛ tsp kosher salt
9 corn tortillas
½ cup salsa verde
½ cup matchstick-sliced radishes
limes, for serving

COOK
TIME:
25 MINS



WHAT YOU DO

Preheat oven to 400°F. Place finely chopped cauliflower on a lined baking sheet. Drizzle with olive oil and season with salt and pepper. Place in the oven on the top rack and cook for 40 mins. Finish by broiling for 2-3 mins to crisp and brown. While the cauliflower is cooking, prep other ingredients. Mix vegan mayonnaise and canned adobo in a bowl until combined to make the adobo sauce. Set aside.

To make the superfood booster, add ingredients to a food processor. Pulse about 15 secs until a fine powder.

Mix together orange and lime juices, garlic, liquid smoke and spices in a medium bowl. Add mushrooms and fold together to coat. Add in batches to a large sauté pan over high heat. Cook for about 7 mins over high heat, stirring occasionally to create a single layer in the pan until the mushrooms are soft, and warmed through with most of the liquid evaporated. Repeat with second batch so as not to crowd the pan. On a hot griddle or cast-iron skillet, heat corn tortillas for one minute on each side. To assemble tacos, add roughly ⅓ cup mushroom taco filling, ¼ cup cauliflower florets and a spoonful of the adobo cream and the salsa verde to a tortilla. Sprinkle with radishes and ¼ tsp of superfood booster with a squeeze of fresh lime.



COOK
TIME:
25 MINS

VEGAN STUFFED MUSHROOMS

WHAT YOU NEED

2 Tbsp vegan butter
¾ cup walnuts, toasted
and finely chopped
⅓ cup panko breadcrumbs
2 Tbsp minced shallots
½ tsp fresh thyme
½ tsp garlic powder
½ tsp dried oregano
½ tsp dried parsley
salt and pepper to taste
12 large cremini mushrooms,
cleaned, stems removed
olive oil for drizzling

WHAT YOU DO

Preheat the oven to 375°F. Place the mushrooms on a baking sheet. Set aside.

In a skillet, melt the butter at medium heat. Add the toasted and chopped walnuts, panko breadcrumbs, minced shallots, spices, salt, and pepper. Cook for 4-5 mins.

Evenly spoon the filling into each mushroom (about 1-2 tsp each). Drizzle extra olive oil on top of the stuffed mushrooms. Bake for 15-20 mins until the mushrooms are cooked and the topping is golden brown. Serve warm. Enjoy!

PASTA WITH ASPARAGUS AND CREAMY MUSHROOM SAUCE

WHAT YOU NEED

1 lb cooked organic pasta
(16 oz, gluten-free, if necessary)

For the asparagus

12 stalks organic asparagus, diced
2 tsp organic extra-virgin olive oil
2 cloves organic garlic, freshly crushed
1-2 pinch Himalayan pink salt

For the sauce

4 cups organic crimini mushrooms
(or white button mushrooms)
1 ½ cup organic cashews
1 ½ cup distilled/purified water
4 cloves organic garlic, freshly crushed
2 Tbsp organic shallots, diced
1 ½ tsp organic dried rosemary
1 Tbsp organic extra-virgin olive oil
1 tsp Himalayan pink salt

WHAT YOU DO

Prepare the pasta according to the package directions. Set aside.

Prepare the asparagus:

In a skillet, add all the ingredients for the asparagus (diced asparagus, olive oil, garlic, Himalayan pink salt) and sauté on high heat for 2-3 mins. Set aside.

The sauce:

Add all the ingredients for the mushroom sauce to a Vitamix and blend until creamy and smooth. Adjust seasonings if needed.

In a large mixing bowl, add the cooked pasta, diced/sautéed asparagus and mushroom sauce together and gently toss until it is well combined. Best when served immediately.

**COOK
TIME:
30 MINS**



MUSHROOM LENTIL MEATBALLS

WHAT YOU NEED

½ cup dried brown or green lentils
1 bay leaf
1 cup vegetable broth
2 Tbsp ground flaxseed
8 oz baby bella or crimini mushroom
1 cup rolled oats
½ cup cannellini beans (or other white bean)
½ cup parsley
1 tsp dried oregano

½ tsp red pepper flakes
½ tsp dried thyme
½ tsp dried rosemary
1 Tbsp olive oil
1 small white onion, finely chopped
½ tsp salt
½ tsp ground pepper
3 garlic cloves, minced
¼ cup red wine vinegar
1 Tbsp coconut aminos
(or tamari or soy sauce)

WHAT YOU DO

Preheat oven to 400°F. Combine lentils, bay leaf, and vegetable broth in a medium saucepan. Bring to a boil, reduce heat, and let simmer for 10-12 mins or until nearly all the liquid is absorbed. Remove the bay leaf and set aside to cool for a few mins.

Combine ground flaxseed and ¼ cup of warm water in a small bowl. Stir and set aside to gel and form 2 flax eggs. Combine mushrooms, oats, beans, parsley, oregano, red pepper flakes, thyme, and rosemary in a food processor. Add lentils and flax eggs, and pulse until the mixture is combined and well chopped. In an empty saucepan, combine olive oil, onions, salt, and pepper. Cook on medium-high heat until translucent and beginning to caramelize (about 8-10 mins). Add garlic and cook for another 1-2 mins. Add vinegar and coconut aminos and cook until most liquid evaporates. In a large bowl, combine the lentil mixture and onions. Let cool for a few mins before handling.

Roll the mixture into golf ball-sized meatballs and place them on a baking sheet lined with parchment paper. Continue until all mixture is used up. Recipe makes 2 dozen meatballs. Bake for 25-30 mins or until meatballs are a deep golden brown, and the inside is cooked through.

**COOK
TIME:
1 HOUR**



PULLED PORT BBQ SANDWICHES



**COOK
TIME:
30 MINS**

WHAT YOU NEED

Pulled Port:

4 portabella mushroom caps (about 1 lb)
1 Tbsp olive oil
½ onion, thinly sliced
½ tsp smoked paprika
salt and pepper to taste
¼ tsp liquid smoke, optional

½ cup your favorite bbq sauce
2 hamburger buns

Cabbage Slaw (optional):

1 cup shredded green cabbage
2 Tbsp mayonnaise
1 Tbsp fresh lime juice
½ tsp Dijon mustard

WHAT YOU DO

Preheat the oven to 400°F. Line a baking sheet with parchment paper. Set aside.

Remove the stems and clean the tops of mushroom caps with a damp paper towel. Using a spoon, gently scrape off the black gills from under the mushroom caps. Place the mushroom caps on the baking sheet and roast for 20 mins to dry them out. Remove from the oven and cool slightly. You can also use the air fryer to dry out the mushrooms for 15 mins at 400°F. Gently pull apart the roasted mushrooms using two forks until they have that shredded “pulled” look. Set aside.

In a skillet, heat olive oil at medium heat. Sauté onions until tender for about 5 mins. To the sautéed onions, add the shredded mushrooms, smoked paprika, salt and pepper to taste, liquid smoke (if using), and bbq sauce. Reduce heat to low and cook for 2-3 mins, stirring occasionally, until all is warmed through and well combined. Serve pulled portbellas on hamburger buns with slaw.

VEGAN SPICY MUSHROOM QUINOA

WHAT YOU NEED

Mushroom Quinoa:

¼ cup finely chopped white onions
3-4 cloves garlic, finely sliced
½-1 serrano/jalapeños pepper, finely chopped
3-4 large white mushrooms, finely chopped
⅓ cup spring onions, finely chopped
⅔ cup quinoa
⅔ cup water
¼ cup almond milk
½ cup veg stock
1 tsp salt as per taste
¼ tsp pepper
1-2 tsp chili flakes
½ tsp dried oregano
3 Tbsp chopped parsley
1 Tbsp butter/olive oil

Roasted Portabella Mushrooms:

2 portabella mushroom heads
salt to taste
pepper to taste
½ Tbsp olive oil
½ - ¾ cup tomato sauce

WHAT YOU DO

Portabella mushrooms:

Preheat the oven to 425 F.

Slice the mushrooms into slices. Slice one head into approx. 6-8 slices. You don't want to slice it too thin since it will cook down in the oven. Toss the slices with salt, pepper and olive oil. Place them on a parchment-lined baking tray. Cook them in the oven for 20-25 mins till crispy. Make sure to flip them over midway.

Mushroom quinoa:

Wash and drain your quinoa as per package instructions.

In a saucepan, add butter/olive oil on medium heat. Add garlic and cook it for 3-4 mins till it starts getting translucent. Add onions and cook them for 3-4 mins till it starts sweating. Add mushrooms and cook it for 4-6 mins till it starts releasing water.

When the water (from the mushrooms) starts drying up, add the serranos and green onions and cook. Add the salt, pepper, chili flakes, and oregano along with the washed quinoa and mix it in. Cook it for 2-4 mins.

Add the liquids – water, veg stock, and milk and mix it in.

Let it cook on low-medium heat and let it come to a boil. Stir frequently.

**COOK
TIME:
45 MINS**

