

# Stuffed Mushrooms

## Ingredients

- 1 Package of small brown or portabella mushrooms
- Olive oil
- 1 inch fresh ginger
- 1/2 cup grated cheese, Italian Blend
- 1/4 teaspoon ground black pepper
- 1 teaspoon vegetarian oyster sauce
- 1 teaspoon soy sauce
- 1 bell pepper / any color
- 1 small zucchini or yellow squash
- 1 jalapeno pepper
- 1 Cup rice

## Directions

1. Preheat oven to 350 degrees F. Clean mushrooms well, remove stems and coat caps in olive oil. Chop stems extremely fine. Chop ginger, bell pepper, squash, and jalapeno extremely fine.
2. Heat oil in a large skillet over medium heat and add all chopped ingredients to the skillet. Fry until moisture has disappeared, approximately 5 minutes. Set aside to cool.
3. When mushroom mixture is no longer hot, stir in cheese, black pepper, and oyster sauce and rice. Mixture should be very thick. Using a little spoon, fill each mushroom cap with a generous amount of stuffing. Arrange the mushroom caps on prepared cookie sheet.
4. Bake for 20 minutes in the preheated oven, or until the mushrooms are piping hot and liquid starts to form under caps.