

# Portobello Poutine

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Ingredients	Quantity	Measure
<b>Caramelized Onions and Gravy</b>		
Vegetable oil	1	tablespoon
Onions, sliced	½	cup
Vegetable broth	16	ounces
RC Fine Foods Vegan Demi-Glaze Brown Sauce Mix	2	ounces
<b>Nacho Cheese</b>		
White potatoes, peeled	1	pint
Vegetable oil	1/3	cup
Carrots, peeled	1	cup
Reserved liquid	½	cup
Lemon juice	1	tablespoon
Nutritional yeast	½	cup
Salt	1	teaspoon
Garlic powder	½	teaspoon
Onion powder	½	teaspoon
Cayenne pepper		pinch
<b>Portobello mushroom</b>		
Vegetable oil	2	teaspoons
Portobello mushrooms, cleaned, gills removed	6	each
French fries	3	pounds
Salt	1	teaspoon
Black pepper	1	teaspoon
<b>Garnish</b>		
Tomatoes, diced	1 ½	cups
Green onions, sliced thinly	¾	cup



# Portobello Poutine Continued

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## Preparation

### Caramelized Onions and Gravy

1. Heat vegetable oil over medium heat in a medium saucepan until hot. Add onions, turn heat to low, cover, and cook until onions are caramelized; about 10-20 minutes.
2. When onions are cooked, add 8 ounces of vegetable broth to the pan, along with 1 ounces of RC Fine Foods gluten-free vegan demi-glaze brown sauce mix, or alternatively, use 4 ounces vegan demi from sub-recipe. Stir constantly with a whisk over medium-low heat until sauce thickens. Thin with water if it gets too thick. Set aside.

### Nacho Cheese

3. Peel carrots and potatoes, chop into medium chunks, cover with water, add 1 teaspoon salt, Boil until tender; about 20 minutes. When done, drain and reserve liquid. Put all nacho cheese ingredients in a blender and blend until smooth. If cheese is too thick, add a little of the reserved liquid. Taste and add ½ teaspoon salt, if necessary. Set aside.

### Portobello

4. Heat grill to medium heat.
5. Add vegetable oil, salt, and pepper to a small bowl. Brush mushrooms with oil mixture and place cap-side down on heated grill to mark. Cook approximately 3 minutes, then turn 90 degrees (1/4 turn) and cook for another 3 minutes to mark cap with crosshatch grill marks.
6. Flip mushroom cap-side up, and cook for another 5-10 minutes, until moisture has leached out, and mushroom is softened and cooked through.

### French Fries

7. Cook according to package

## Serving Information

For service, plate 6 ounces of French Fries. Spoon 3 tablespoon onion gravy over. Drizzle 2 tablespoon of cheese sauce over the dish, and cut Portobello mushroom into 1” wide strips, use half of a Portobello per serving, and fan out over potatoes with gravy. Garnish with 2 tablespoon chopped tomatoes and 1 tablespoon green onions.

## Nutrition Information per serving \*From USDA Nutrient Database

Calories: 495 Total Fat: 26g Saturated Fat: 3g Monounsaturated Fat: 13g Polyunsaturated Fat: 7g  
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 57g Fiber: 8g Total Sugars: 4g Protein: 10g Sodium: 930mg  
Vitamin A: 104µg Vitamin C: 17mg Calcium: 34mg Iron: 2.5mg Folate: 58µg

