Italian Sausage Stuffed Portobello Mushrooms

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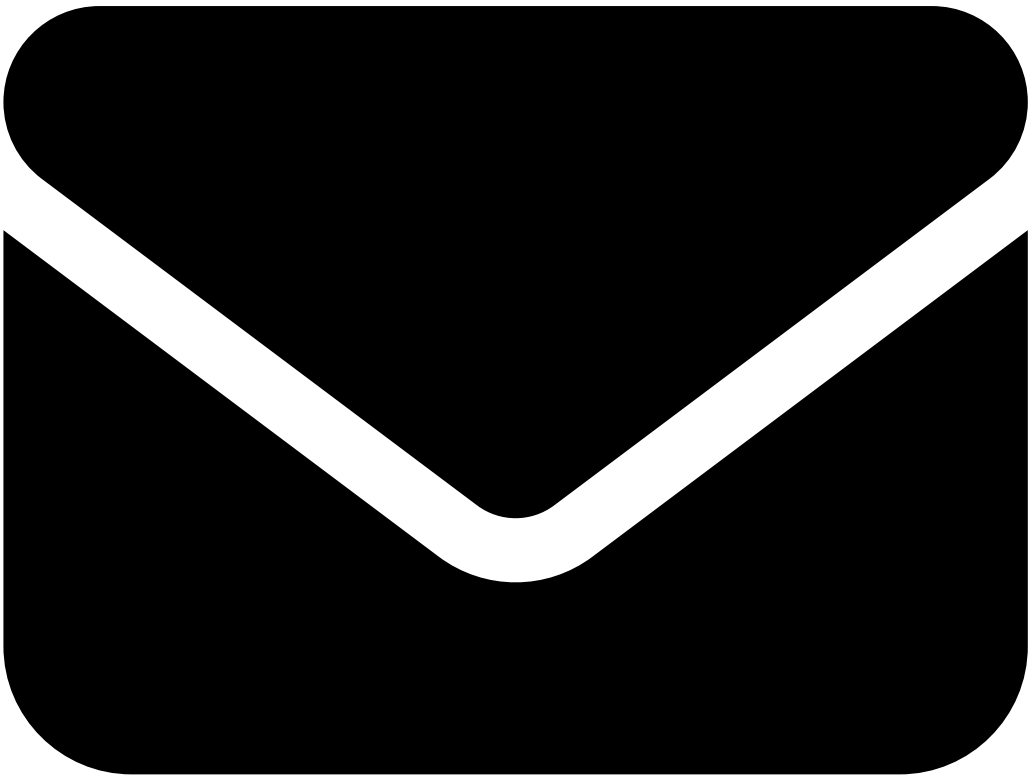




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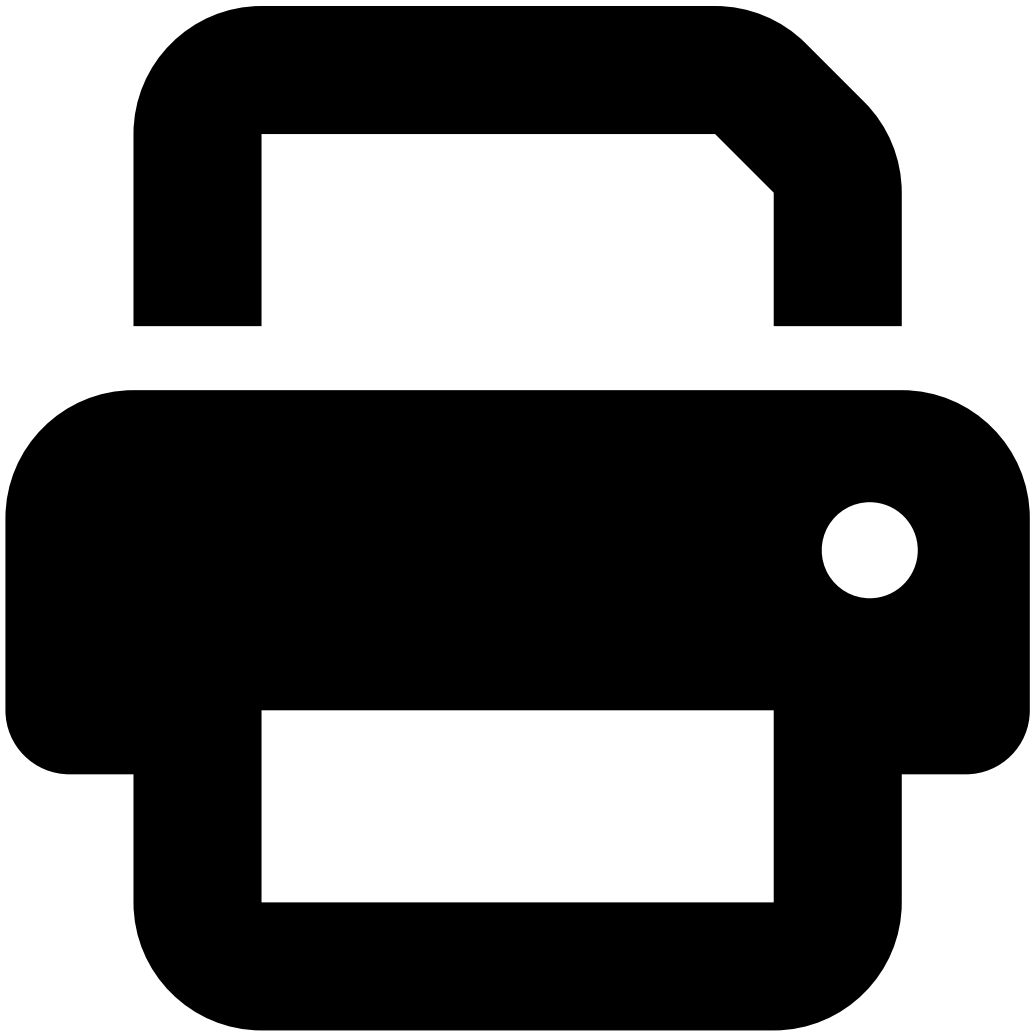

When it comes to cozy Italian cooking, stuffed vegetables are always a favorite – from peppers to zucchini to eggplant. These Italian Stuffed Portobello Mushrooms bring that same rustic charm to the table, with hearty mushroom caps overflowing with savory sausage, herbs, spinach, and gooey melted cheese. They're comforting yet elegant, perfect as an appetizer for entertaining or a light main dish with a simple salad on the side. What I love most is how the mushrooms act like little "bowls," soaking up all the garlic, olive oil, and cheesy goodness. This same filling works wonderfully for stuffing smaller white or cremini mushrooms.

Things to know about these Italian sausage Stuffed Portobello Mushrooms

- **Picking the right mushrooms:** Choose large, firm

portobello caps with deep gills. They'll hold up better when stuffed and baked.

- **Drain excess moisture:** Mushrooms release water as they cook. To avoid sogginess, brush them with olive oil and pre-bake for 5–7 minutes before adding the filling if you like them firmer.
- **Cheese options:** Mozzarella gives you that melty stretch, but you can also use provolone for a sharper bite or fontina for a creamier texture.
- **Breadcrumbs matter:** Italian-style breadcrumbs add great flavor, but panko makes the topping extra crispy.
- **Make it vegetarian:** Skip the sausage and add extra spinach, sun-dried tomatoes, and ricotta or cannellini beans for a protein boost.
- **Meal ideas:** Serve two stuffed portobellos per person with a side of roasted potatoes or a crisp Italian salad for a full dinner. They also work beautifully as a starter for a fall dinner party.
- **Mini version:** This same filling works wonderfully for stuffing smaller white or cremini mushrooms. Perfect for party appetizers or holiday platters. Follow the same instructions, and lower the cooking time by 5 -7 minutes.
- If you enjoyed these **Italian Stuffed Portobello Mushrooms**, be sure to try some of my other cozy Italian favorites:
    - **Classic Orecchiette with Italian Sausage and Broccoli Rabe**
    - **Creamy Sausage Tortellini Soup**
    - **Italian Green Beans and Potato Salad**

They’re all simple, full of flavor, and perfect for weeknight dinners or entertaining.

Italian sausage Stuffed Portobello Mushrooms



These Italian Sausage Stuffed Portobello Mushrooms are hearty, cheesy, and packed with savory Italian flavors. Large Portobello mushroom caps are filled with Italian sausage, garlic, herbs, and melted cheese, then baked until tender and golden for an easy low-carb dinner or satisfying appetizer.

- 4 Large portobello mushrooms, stems and gills removed
- 2 Tbsp. olive oil
- 1 clove garlic, minced
- 1 cup Italian breadcrumbs
- 1/2 cup grated parmesan cheese
- 1 cup finely chopped fresh spinach
- 2 Tbsp. fresh Italian parsley, chopped
- 2 tsp. Italian herbs
- 1 cup shredded mozzarella
- Salt and black pepper, to taste
- My easy marinara sauce for serving

1. **Prep the mushrooms**

Preheat oven to 375°F (190°C). Clean the portobellos by gently wiping them with a damp cloth. Remove stems and scrape out the gills with a spoon. Brush both sides with olive oil and place on a parchment-lined baking sheet or oven proof casserole dish.

2. **Make the filling**

   In a bowl, combine breadcrumbs, parmesan, garlic, parsley, thyme, salt, and pepper. Drizzle in 1 tbsp olive oil and mix until crumbly.

3. **Stuff the mushrooms**

   Divide filling evenly among the mushrooms, pressing lightly to pack. Top with shredded mozzarella or provolone if using.

4. **Bake**

   Bake for 20–25 minutes, until the mushrooms are tender and the tops are golden brown.

5. Serve with my easy marinara sauce

Main Course, Side Dish
Italian
Italian sausage stuffed Portobello mushrooms,