



BEEF AND BLUE CHEESE STUFFED MUSHROOMS

Total Recipe Time: 40 to 50 minutes
Makes 36 to 40 mushrooms

These perfectly bite-sized mushrooms are stuffed with a savory blend of Ground Beef, blue cheese and chives.

INGREDIENTS

- 1/2 pound Ground Beef
- 1/4 teaspoon salt
- 36 to 40 small button or cremini mushrooms (about 1-1/2 to 2-inch diameter)
- 1/3 cup crumbled blue cheese
- 1/4 cup soft whole wheat bread crumbs
- 3 tablespoons minced chives
- 1/2 teaspoon steak seasoning blend
- Minced fresh chives (optional)

INSTRUCTIONS FOR BEEF AND BLUE CHEESE STUFFED MUSHROOMS

1. Preheat oven to 375°F. Remove and reserve stems from mushrooms. Season mushroom caps with salt; set aside. Mince stems to yield 1/2 cup; discard remaining stems.
2. Combine Ground Beef, minced stems, blue cheese, bread crumbs, 3 tablespoons chives and steak seasoning. Spoon beef mixture evenly into mushrooms.
3. Place stuffed mushrooms on rack in broiler pan. Bake in 375°F oven 15 to 20 minutes. Sprinkle with additional chives, if desired.

Test Kitchen Tips

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

NUTRITIONAL INFORMATION FOR BEEF AND BLUE CHEESE STUFFED MUSHROOMS

Nutrition information per serving, using 80% lean ground beef: 20 calories; 1 g fat (1 g saturated fat; 0 g monounsaturated fat); 5 mg cholesterol; 49 mg sodium; 1 g carbohydrate; 0.1 g fiber; 2 g protein; 0.8 mg niacin; 0 mg vitamin B6; 0.1 mcg vitamin B12; 0.2 mg iron; 2.2 mcg selenium; 0.4 mg zinc; 5.9 mg choline.

Nutrition information per serving, using 96% lean ground beef: 15 calories; 1 g fat (0 g saturated fat; 0 g monounsaturated fat); 5 mg cholesterol; 49 mg sodium; 1 g carbohydrate; 0.1 g fiber; 2 g protein; 0.8 mg niacin; 0 mg vitamin B6; 0.1 mcg vitamin B12; 0.2 mg iron; 2.2 mcg selenium; 0.4 mg zinc; 6.5 mg choline.