

UC-VEG

Umpqua Community Veg Education Group

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Portobello Steak Fajitas

Ingredients:

For the Portobello Steaks:

- 4-6 large Portobello mushrooms
- 1 Tbsp. fresh lime juice
- 1 tsp dried oregano
- 1 tsp ground cumin
- ½ tsp chili powder
- ½ tsp sea salt Black pepper

For the Stir-fry:

- 1 large red bell pepper, thinly sliced
- 1 large orange bell pepper, thinly sliced
- 1 onion, thinly sliced

To Assemble:

- 4-6 whole grain tortillas
- Sliced avocado
- Salsa Cilantro

Make the Portobello Steaks: Remove the stems from the mushrooms by twisting the stem until it pops off. With a spoon, scrape out and discard the inside black gills from the mushroom caps. Slice them into long, ½ inch wide strips.

In a large bowl, whisk together the marinade ingredients, add the sliced mushrooms and toss to coat. Let the mushrooms marinate for 20-30 minutes.

Meanwhile, make the stir-fry: Heat a large skillet to medium-high and add the bell peppers and onion. Sauté for about 10 minutes until vegetables are softened, adding a little water as needed to avoid sticking.

Preheat a grill pan over medium to high heat. Lay the mushrooms on the pan and grill for 3-5 minutes on each side until they have nice char lines.

To assemble, place a tortilla on a plate, top with mushroom strips, sautéed vegetables and your desired toppings.

Adapted from The Oh She Glows Cookbook