

# Cheese-Stuffed Mushrooms

- fresh mushrooms (I like baby bella, but the white are OK)
- cheese sauce, made extra thick (less milk) <sup>[1]</sup>
- optional: hot sauce, chopped jalapeno
- extra virgin olive oil
- grated Parmesan cheese
- breadcrumbs

Remove the stems from each mushroom. You can save the stems for a stuffing or something.

Preheat oven to 375 degrees Fahrenheit.

Make a thick cheese sauce <sup>[1]</sup>. Optionally, mix in a little hot sauce or chopped jalapeno to taste, or a few of the stems from the mushrooms.

Spoon some cheese sauce into each mushroom.

Rub the outside of each stuffed mushroom with olive oil, and place in a casserole dish or pie plate.

Combine grated Parmesan cheese with breadcrumbs, at about a 1:1 ratio. Sprinkle lightly on the top of the mushrooms.

Bake for about 20 minutes.

Preparation time: 40 minutes

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