

Mushrooms



Mushrooms are an excellent source of riboflavin (20% Daily Value (DV) and niacin (15% DV) and a good source of selenium (11% DV). Mushrooms also provide under-consumed nutrients of concern such as potassium (8% DV), vitamin D and fiber (3% DV) and enhance flavor while reducing intake of overconsumed nutrients of concern such as sodium and saturated fat.

Mushroom Chipotle Chili serves 6

Ingredients

2 pounds mushroom	3 tablespoons vegetable oil
2 cups yellow onion, diced	1 tablespoon garlic, minced
2 poblano or green bell pepper, diced	2 tablespoons jalapeños, minced
1 tablespoon chipotle chilies in adobo, minced	
¼ cup chili powder	2 tablespoons ground cumin
2 tablespoons oregano, dried	1-15 oz can crushed tomato with liquid
1-15 oz can red kidney beans	1-12 ounce bottle lager beer (optional)
Salt and pepper, to taste	

Directions

1. Slice the mushrooms in half and season with salt and pepper.
2. Heat the oil in a pan over medium to high heat. Add the onions, garlic and peppers to the pan and cook over medium heat, stirring from time to time, until the mixture is tender, about 12 – 15 minutes. Add the herbs, chipotle, and spices and sauté for 5 minutes then add the mushrooms and stir to mix well.
3. Add the beer, kidney beans, and tomatoes to the pan and bring to a slow simmer. Cover the pot and cook over very low heat or in a 325 degree oven for 1 hour. Check the chili periodically, stirring as needed. Taste for seasoning and adjust as needed with more chili powder, salt and pepper. The chili should be very flavorful and the liquid should be greatly reduced and thickened. Serve with rice or crackers.