

BARBEQUED PORTOBELLO SANDWICHES

Recipe by Sirica Reeve



SANDWICH INGREDIENTS*** - Serves 2-3

2 portobello mushrooms cleaned, stemmed and thinly sliced

½ white or yellow onion thinly sliced

1 Tbs. olive oil

½ - ¾ cup of your favorite BBQ sauce (I use Amy's BBQ sauce, some chipotle peppers in adobo sauce and a little maple syrup)

2-3 sandwich buns

Earth Balance butter spread

****NOTE: Since writing up this recipe, I have experimented with this dish and have added a handful of diced baby bella mushrooms (or crimini) to the mushroom onion mixture. Made a huge difference, much more meaty texture!*

COLESLAW

3 cups green cabbage shredded

1 cup red cabbage shredded

½ cup carrot shredded

1 Tbs. red onion diced

1 Tbs. red bell pepper diced (optional)

½ cup Veganaise

½ tsp. of Dijon mustard

1 tsp. lemon juice

1-2 Tbs. vinaigrette dressing (I like Girard's Light Champagne Dressing)

½ tsp. agave nectar or sweetener of choice such as maple Syrup

Salt & pepper to taste

Depending on your preference you can either remove the gills from the mushrooms or leave them. Stem and thinly slice mushrooms.

Thinly slice onion.

Sauté onion and mushrooms in olive oil on medium for 10 minutes till tender. Pour out any excess moisture/water from pan before adding BBQ sauce.

Add sauce and simmer for another 10-15 minutes until thick. Be careful to add the sauce slowly, you can always add more later.

While mushroom onion mixture is simmering, prepare coleslaw. Combine Vegemise, mustard, lemon juice, vinaigrette and agave, adjust according to your liking. Toss dressing with cabbage, carrot, onion and bell pepper.

Toast buns under broiler for a minute or two then top with Earth Balance butter spread.

Assemble sandwich on plate with a good serving of mushroom mixture on bun topped with coleslaw. Serve with more coleslaw on the side with a few pickle slices. Enjoy!