



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

PCFMA.ORG

## ONIONS STUFFED W/ MUSHROOMS & MASHED POTATOES



These are great appetizers or main courses, even though they take some work. They're Vegan, Vegetarian, and delicious! Submitted by Vanessa Parham.



01 HR 50 MINS



Serves 8



Featuring

[J&M Farms](#)

[Lute Farms](#)

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## INGREDIENTS

- 8 large onions
- 8 cups potatoes, diced
- 2 teaspoons olive oil
- 1/2 teaspoon fresh rosemary
- 8 cups mushrooms, chopped
- 2 garlic cloves, minced
- 1 teaspoon sea salt
- 1 teaspoon poultry seasoning
- 2 teaspoons pine nuts

## METHOD

Preheat oven to 350°F.

Prepare the onions by cutting off the top quarter of each. On the opposite end of each onion, cut off the root so the onion rests flat. Do not peel!

Place the onions in a large baking dish and add an inch of water. Bake until the onions are cooked through, checking periodically, 45 to 60 minutes. Onions are done when soft and fragrant.

Remove from the oven and cool. Then peel them. Carefully remove the inner layers of onion using a fork until only 2 outer layers remain, forming a cup. Reserve the insides of the onion for later use.

Fill a large sauté pan with an inch of water and bring to a boil. Place the potatoes in the pan, cover, and steam for 15 to 20 minutes, or until tender, stirring occasionally and adding water if needed to prevent sticking.

Place the potatoes in a food processor with 1 teaspoon olive oil and 1/2 teaspoon rosemary. Process until smooth. Set aside.

Sauté mushrooms and garlic in 1 teaspoon olive oil until tender, adding water to prevent sticking. Transfer all but 1 cup of mushroom to food processor with 1 teaspoon salt, 1 teaspoon poultry seasoning, and 2 cups of reserved onion. Process until roughly combined.

Fill onion cups with alternating layers of mushroom filling and mashed potatoes. Top with remaining sautéed mushrooms and pine nuts.

Serve.