



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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Mushroom-Stuffed Mushrooms

- 6 large Organic Portobello Mushrooms, de-stemmed
- 6 med. Organic Shiitake Mushrooms, diced
- 1 med. Organic Zucchini, diced
- ½ med. Organic Yellow Onion, peeled and diced
- ½ large Organic Orange Bell Pepper, diced
- 1 large Organic Roma Tomato, diced

- 3 tbsp. Grass-fed butter (more if needed)
- 1 tbsp. Organic Turmeric, powdered
- 1 tsp. Organic Cracked Black Pepper
- ¼ tsp. Real Salt®, Celitic® sea salt, or Himalayan salt
- ½ cup Organic White Cheddar Cheese, shredded



1. Pre-Bake mushrooms, stem side down, at 350°F for 10 minutes, or until juice starts to run. Cool and pat dry.
2. Sauté all remaining ingredients in a covered skillet at medium heat until soft, adding spices during the last few minutes.
3. Pack stuffing mixture into underside of large mushrooms. Form small mounds and cover each with the shredded cheese to hold in place.
4. Bake the stuffed mushrooms for approximately 7 to 10 minutes at 350°F until they are warm, and the cheese topping is melted. Enjoy warm!

Optional: Use any extra stuffing mixture for stuffed squash or bell peppers!