

Budget Recipes – Grilled Stuffed Portobello Mushrooms (Vegetarian Version Included)

Description



Investing in a Philips Airfryer has probably been my best investment in (late) 2015, because it has been a great help in my journey towards cleaner and healthier eating in order to watch (hopefully drop) my weight lately.

I posted about airfried zucchini & carrot balls previously which look like a healthier version of the cream puff, is chock-full of nutrients and happens to taste deceptively like Popeyes' honey biscuits which I adore. If you haven't already seen the recipe for it, [head over here to read about how you can make your own!](#)

Today I went browsing at Cold Storage after my tuition got unexpectedly cancelled, and chanced across Portobello Mushrooms for sale at 50% off their original price. The catch was that they needed to be consumed within the next 2 days, so I grabbed a pack and headed to the counter.



29 likes

1w

sgbudgetbabe Eating a healthy dinner on a budget: stuffed Portobello mushrooms with bell peppers, diced carrots and cheese. Grilled in the [#airfryer](#).

Cost: \$1.80 (or 90 cents a piece)

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Made my own stuffed portobello mushrooms by improvising on the recipe below. I honestly just meddled with whatever ingredients I had in the fridge but they came out pretty good, don't you think?

Ingredients — makes 4 portobello mushroom steaks

- 4 large portobello mushrooms
- 1/2 carrot
- 1/3 yellow bell peppers
- 1/3 green bell peppers
- 1/3 red bell peppers
- 2 slices of cheese
- 1 teaspoon black pepper

Preparation:

1. Wash and dice all the vegetables (except mushrooms).
2. Mix well in a bowl with a sprinkle of black pepper.
3. Make a couple of cuts on the mushrooms without slicing them completely. Stuff the mixed vegetables on top of each mushroom.

4. Layer cheese over the stuffed mushrooms.
- 5.. Place in preheated Airfryer at 180 degrees for 8 minutes.

Prep time: 7 minutes
Cooking time: 8 minutes

Total cost:
\$2.95 portobello mushrooms (at 50% discount)
\$0.10 carrot
\$0.80 bell peppers

Cost per serving: \$0.95 per piece

The photos above are a little less colourful as I only had yellow bell peppers to experiment with, but do try them with all 3 versions for extra kick and nutrients! If you want a little more protein in the mix, you can also add in diced ham, minced beef or even tuna into the stuffing and play around with the flavours.

Warning: The mushrooms will ooze juicy goodness out when you cut it, so you can pair it with rice or a wrap if you want a little more carbohydrates in your meal as well!

Do you have any other healthy airfryer vegetarian recipes to share? I would love to hear from you!

With love,
Budget Babe

Category

1. Family