

## Bacon, Blue cheese, caramelized onion stuffed mushrooms



### Ingredients:

- 1 lb. cremini mushrooms
- 2 small onions-thinly sliced
- 3 tbs. butter
- 2 tbs. garlic-minced
- 4 slices thick cut bacon-cooked crisp and crumbled
- 8 oz. cream cheese-softened
- ½ cup blue cheese crumbles
- ¼ parmesan cheese-shredded
- Salt and pepper-to taste

### Directions:

1. Thoroughly wash mushrooms and remove stems. Finely chop the stems.
2. In a large sauté pan over low-medium heat, add butter, garlic, onions, and salt and pepper. Cook until onions are nice and caramelized-about 30 minutes.
3. In a large mixing bowl, combine chopped mushroom stems, caramelized onions, chopped bacon, softened cream cheese, and blue cheese crumbles. Mix until all ingredients are well combined.
4. Stuff each mushroom cap with mixture. Bake at 350 for 25 minutes.
5. Take mushrooms out of the oven and top each one with shredded parmesan. Bake 10 additional minutes.
- 6.

Makes 4 servings

Calories per serving: 245

Protein: 10/3 g

Net carbs: 6.3 g

Fat: 18 g