

FELTON & MARY'S ARTISAN FOODS

From The Garden Recipes



Game Day Super Food

Black Beans & Brown Rice Mushroom Sliders with Felton & Mary's Smokey Brown Sugar Sauce

As you root for your favorite team, try a full-flavored, healthy and hearty option to rival traditional game day finger foods. With a love for urban farming and quality ingredients, Felton & Mary shared an uncompromising commitment to their brand of Texas-style BBQ. These lightly sweet and savory brown rice & black bean mushroom sliders push beyond the conventional veggie platter with bold and complementing flavors and textures. Once you feast on these you'll keep them in your cooking rotation year-round.

PREP TIME TO READY TO EAT – 25 mins

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INGREDIENTS –

- 1 ½ cup of pre-cooked brown rice
- 1 ½ cup pre-cooked black beans
- 7-10 (medium to large size) crimini mushrooms, washed & stemmed
- ½ cup of Felton & Mary's Artisan Food Smokey Brown Sugar Barbecue Sauce
- Salt and Pepper to taste
- ½ tsp garlic powder
- ½ bunch of fresh cilantro, chopped (optional for garnish)

COOKING UTENSILS –

- Medium Size Mixing Bowl
- Sauce Pan
- Serving Platter
- Knife
- Spoon(s)

DIRECTIONS –

1. Combine pre-cooked brown rice and black beans and warm in saucepan or mixing bowl over low heat or in microwave.
2. Add ½ tsp of garlic powder and salt & pepper to taste to rice & bean mixture.
3. Place crimini mushrooms upside down on serving platter.
4. Warm up ½ cup of Felton & Mary's Smokey Brown Sugar BBQ sauce in a small pan over low heat or bowl in microwave for 30 seconds.
5. Place a tablespoon of rice & black bean mixture into each mushroom.
6. Drizzle mixture with a teaspoon of warm BBQ sauce.
7. Add pinch of chopped cilantro on top and serve .