

# PORTABELLA MUSHROOM STEAKS



## SERVING SIZE

2



## INGREDIENTS

### ITEM

Portabella Mushrooms, stems removed and wiped clean

Ideal Protein Balsamic

Vinegar

Olive Oil

### QUANTITY

2

2 tbsp.

½ tbsp.

### ITEM

Soy Sauce

Dried Rosemary

Garlic Powder

Salt and Pepper

### QUANTITY

½ tbsp.

1 tsp.

½ tsp.

to taste



## PREPARATION

- In a small bowl, whisk together balsamic vinegar, olive oil, soy sauce, rosemary, garlic powder, salt, and pepper.
- Place portabella mushrooms in a shallow dish and brush both sides generously with the marinade.
- Heat a skillet or grill pan over medium heat.
- Cook mushrooms cap-side down for 4-5 minutes, then flip and cook another 4-5 minutes until tender and lightly caramelized.
- Remove from heat and serve warm.