

Champignon de Provence Baked Potato Topping

Mushrooms of Provence (Baked Potato Topping)

Submitted by Michelle Broussard-Hanes

Ingredients:

2 large baked potatoes

1 large Vidalia onion

2 cloves of garlic

1 TBSP oil

1 tsp brown sugar

3 Tbsp flour

1/2 cup salt free vegetable broth

1.5 cups of rice or coconut milk

¼ cup Smart Balance LIGHT—(Flax) Vegan “Buttery Spread”

2 small cans mushroom slices, rinsed and drained

½ jar of roasted Red Peppers, finely chopped

1 handful of Herbs de Provence

Salt and pepper to taste

Directions:

In a large saucepan, sauté the Vidalia onion and garlic on a low heat setting. Just as the onions are becoming translucent, add 1 tsp of brown sugar to encourage caramelization. Pour into a bowl and set aside (you will add it back in later). In the saucepan, blend the flour and vegetable broth together. Cook for a few minutes. Slowly add the rice or coconut milk and cook until the sauce begins to bubble. Return the onions and garlic to the sauce and add the mushrooms, chopped roasted red peppers and the generous handful of Herbs de Provence. Add the ¼ cup of Smart Balance Light (Flax) Vegan Buttery Spread. Cook for another 5 minutes, stirring often. Add salt and pepper, if it is your preference. Ladle over split and “fluffed” baked potatoes.

The old man (Abba Moses) was asked, "What is the good of the fasts and watchings which a man imposes on himself?" and he replied, "They make the soul humble. For it is written, "Consider my affliction and my trouble, and forgive all my sins" (Psalm 25:18). So if the soul gives itself all this hardship, God will have mercy on it."
"The Desert Christian," by Sr. Benedicta Ward