

## **Mushroom & Walnut Meat**

### **Ingredients**

- 1 cup raw walnuts (soaked overnight)
- 1 cup baby Bella mushrooms
- 1/4 medium yellow onion
- 2 garlic cloves
- 3 sun-dried tomatoes
- 1/4 tsp Better Than Bouillon no-beef base
- Black pepper (to taste)

### **Optional marinade for added flavor**

- 1 tbsp oil from the sun-dried tomatoes
- 1 tbsp coconut aminos
- 2 tbsp garlic powder
- 1 tbsp onion powder
- 2 tsp smoked paprika
- 1/4 cup vegetable broth

### **Instructions**

1. Soak the walnuts in water overnight.
2. Preheat the oven to 400 degrees.
3. Drain the soaked walnuts and place them in a food processor along with the mushrooms, onion, garlic cloves, and sun-dried tomatoes.
4. If using the marinade, combine the oil from the sun-dried tomatoes, coconut aminos, garlic powder, onion powder, smoked paprika, cumin, nutritional yeast, and vegetable broth in a mixing bowl.
5. Heat some oil in a skillet over medium heat. Transfer the walnut-mushroom mixture to the skillet. Add the Better Than Bouillon no-beef base and any additional preferred seasonings. If using the marinade, add it to the skillet during this step. Cook for 7-10 minutes or until the liquid has reduced.
6. Transfer the cooked mixture to a large baking sheet and bake in the preheated oven for 15 minutes. Give it a mix half-way through.
7. Remove from the oven and serve.

**Source:** <https://www.sweetgreensvegan.com/recipecards1/mushroom-walnut-meat>