

Portobello Mushroom French Dip

SERVINGS
2

PREP TIME
10 MIN

COOK TIME
20 MIN

TOTAL TIME
30 MIN

Tender portobello mushrooms and sweet caramelized onions piled into a crispy toasted roll, served with a rich, savory au jus for dipping - a satisfying plant based take on a classic.



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

- 1 Medium Onion
- 4 Portobello Mushrooms

PREPARE VEGGIES

- Thinly slice onion and set aside.
- Wipe loose debris from mushrooms with a damp paper towel, remove stems, and slice into very thin strips.

2

- 1-2 tbsp Olive Oil
- 1 tsp Garlic Powder
- 1 tsp Italian Seasoning

CARAMELIZE ONIONS

- Heat olive oil in a large sauté pan over medium heat.
- Add sliced onions, garlic powder, and Italian seasoning and cook about 3-5 minutes until tender, stirring often.
- Set aside.

3

- 1-2 tbsp Olive Oil
- 1 tsp Garlic Powder

SAUTE MUSHROOMS

- Drizzle more olive oil into pan and add mushrooms.
- Add garlic powder and cook mushrooms down about 8-10 minutes, stirring often, until mushrooms are soft and tender.

4

- 1-2 tbsp Vegan Butter
- 4 Mini French Rolls (or 2 Regular French Rolls)

WHILE MUSHROOMS ARE COOKING, PREPARE TOASTED ROLLS

- Spread vegan butter on rolls and toast in an air fryer about 3 minutes until golden, or use a broiler to toast (time will vary).

5

- 1½ Cup Vegetable Broth
- 3 tbsp Vegan Worcestershire
- 1½ tbsp Stone Ground Mustard
- 1½ tbsp Soy Sauce
- 1½ tsp Italian Seasoning
- Salt & Pepper to Taste

ONCE MUSHROOMS ARE TENDER, PREPARE THE FLAVORFUL AU JUS "DIP"

- Add onion mixture back to pan.
- Add all remaining ingredients, bring to a low boil, then reduce to a simmer.
- Cook until flavors meld and au jus thickens slightly, about 10 minutes.
- Taste and adjust seasoning as needed.

ASSEMBLE SANDWICHES

- Spoon the mushroom mixture into the toasted rolls and drizzle with the desired amount of au jus.
- Serve immediately, or serve the au jus on the side.