

Recipes with a Cause

**A COLLECTION OF
VEGAN SUMMER RECIPES
BY FRIENDS OF NTR**

PINEAPPLE BBQ MUSHROOMS

BY CARRINGTON KERNODLE

Hi, I'm Carrington!

I run Parts Homegrown, a vegan food & lifestyle brand. I cover everything from southern style vegan recipes to houseplants to yoga. Other than that, I'm just a cowgirl trying to take over the world one yeehaw at a time.

I like this recipe because it brings the tropics to the backyard country BBQ. You get a perfect balance of smokiness and sweetness. Also, this is a great way to show people how mushrooms can be transformed in a fun way!

XO

Carrington

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**NØN TOXIC
REVOLUTION**

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Ingredients:

Serving size: 2

2 pounds of sliced, washed baby portabella mushrooms (any mushrooms will work, however)
1 cup of bbq sauce
1/3 cup of diced pineapple
1/3 cup of pineapple juice
3 tablespoons of vegan Worcestershire sauce
3 tablespoons of liquid smoke
1 teaspoon of salt
1 teaspoon of pepper



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Instructions:

Mix all ingredients into a bowl and allow mushrooms to marinate for 30 minutes

Preheat the oven to 425F and transfer the mushrooms onto either a baking sheet or cast-iron skillet. Don't pour remaining sauce on top, reserve it for later.

Roast mushrooms for 45 minutes uncovered.

Once done, you can serve alongside a bed of rice & pour remaining sauce on top!

For fun, you can serve this up in a self-made pineapple bowl just by slicing it longways and gutting it!



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