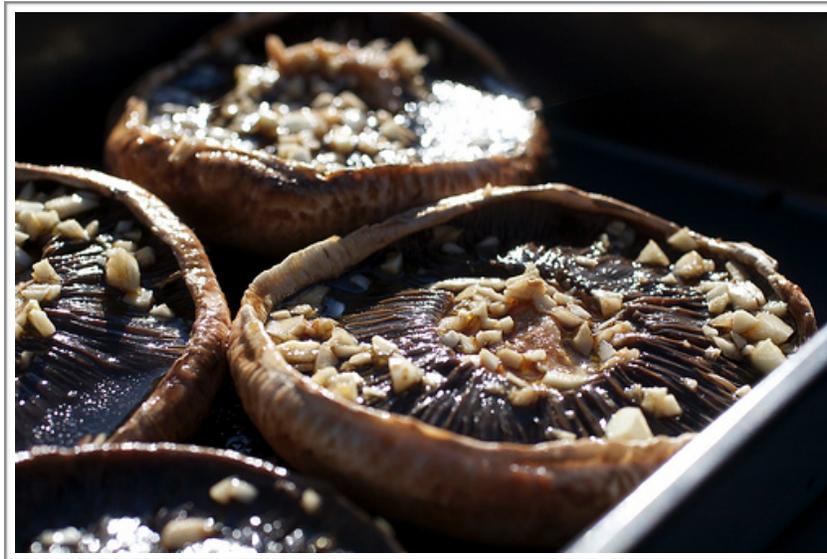


# Grilled Portobello Sandwiches

Adapted from: Post Punk Kitchen

**Prep time:** 40 minutes  
**Cook time:** 10-15 minutes

**Total time:** 50-55 minutes  
**Serves:** 4



## Ingredients

### For the Sandwich:

- 4 portobello mushrooms, de-stemmed
- 4 pieces focaccia bread
- a few handfuls baby arugula
- 1 sweet onion, sliced
- 1 large tomato, sliced

### For the Marinade:

- ½ cup dry white wine
- 2 tbsp. tamari, soy sauce, or liquid amino acids
- 2 tbsp. balsamic vinegar
- 1 tbsp. EVOO
- 4 cloves garlic, minced

## Instructions

1. Place the portobellos gills-up in a rimmed baking sheet.
2. Mix all the marinade ingredients together and spoon over the portobellos. Let marinate for at least half an hour, spooning marinade back onto the mushrooms every ten minutes or so.
3. Grease up your grill with olive oil and preheat over medium/high. It's important to keep some oil nearby for brushing the grill throughout the cooking process. You can use a grill brush for it, or a paper towel wadded up and grasped in your tongs. You can also use a spray bottle of oil.

4. Place the mushrooms gill side up on the grill. Close lid and let mushrooms cook for about 5 minutes, lifting the lid to baste mushrooms with marinade every few minutes. Use tongs to turn the mushrooms 90 degrees to make cross hatched grill marks; cook for about 3 more minutes. Flip mushrooms over and cook for about 3 more minutes. Your cooking time may vary depending on the size of your portobellos and the temperature of your grill. You know the mushrooms are done when you press on the center with tongs (where the stem used to be) and it's very soft and juicy.
5. Remove from heat and let rest for about 5 minutes. This lets the flavors develop a bit and the juices taste even yummier when they are just a little bit cooled down. You can use this time to slice your bread and prep the veggies.
6. Assemble sandwiches and sink your teeth in. Enjoy!