



Chef Recipe: Wild Mushroom Vegan French Dip

Get your veg on! October 1st marks **World Vegetarian Day**, a time to celebrate how far the vegetarian movement has come, to highlight how accessible and beneficial a vegetarian lifestyle can be, and to showcase some healthy and fabulous meatless dishes – not to mention a reminder to eat your fruits and vegetables!

No one knows fresh food better than Chef Michael C. Brown of San Diego's Barrel Republic. He creates a sin-averse Wild Mushroom "French Dip" that is both **organic and vegan!** In his recipe, rich mushrooms, seasoned veggies, and intensely flavorful au jus come together to satisfy your cravings for a classic French Dip, completely guilt-free. Curb your fall food cravings with this indulgent, yet clean-eating dish that is extremely easy to make and **doesn't require any animal products!**



Wild Mushroom Vegan “French Dip”

Courtesy of Barrel Republic

Makes 4 sandwiches

Au Jus

3 cups Dried Porcini Mushrooms

2 cups Fresh Mushroom or trimmings

2 ea Carrots

2 ea Onions

1 bu Celery

1 cup Garlic

1 1/2 gallon Water

Salt & Pepper to taste

Chop all vegetables, medium dice. Cover all ingredients with water and bring to a boil. Reduce to a simmer and cook for 2 hours. Strain and season. May be done well in advance.

Sandwiches

1 ea Onion

1 cup Portabello sliced 1/2 inch thick

1 cup Domestic Mushroom sliced 1/2 inch thick

1 cup Oyster Mushroom torn in strips

1 cup Spinach

4 ea Hoagie buns

4 ounces Vegan Mozzarella

Sear all items separately, then toss together. With mushrooms in sauté pan, add spinach. Stuff in Hoagie bun, top with Vegan Mozzarella and toast in the oven for 5 minutes. Serve with hot au jus.