

CHEESY MUSHROOM TARTLETS



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SERVINGS



PREP TIME



COOK TIME

Ingredients

12 each		Tart shells
2 tbsp	(30 mL)	Olive oil
1 each		Onion, finely chopped
½ cup	(80 mL)	Red pepper, finely chopped
250 g		Mushrooms, finely chopped
¾ tsp	(4 mL)	Salt
1 clove		Garlic, minced
1 ¼ tsp	(6 mL)	Dried thyme
2 tbsp	(30 mL)	Flour
1 cup	(250 mL)	Milk
¾ cup	(180 mL)	Mozzarella cheese, shredded

Instructions

1. Preheat oven to 375°F (190°C). Bake tart shells for 10 minutes. Set aside and allow to cool.
2. In a large pan, heat olive oil over medium heat. Add the onions and cook until softened.
3. Add red peppers, mushrooms, and salt. Cook until mushrooms have released its moisture and begins to brown.
4. Stir in the garlic and thyme and cook together until fragrant. Add flour and continue to stir while flour toasts.
5. Add milk and stir well. Simmer for 2 minutes and add cheese. Remove from heat.
6. Divide filling amongst the tart shells and return to oven for 5–7 minutes to melt cheese.



CHEF'S TIPS

- Not a fan of mushrooms? Substitute with peppers and onions.
- This is a great recipe to use up little bits of leftover proteins. Simply add to the pan before adding the flour to warm through.