Barbeque Mushroom Sliders

Ingredients:

**BBQ mushrooms**
- ½ pound trumpet or oyster mushrooms
- 1 tablespoon of vegetable oil
- 2 tablespoons of Lawry’s seasoning
- ¾ cup BBQ sauce
- 6 Hawaiian sweet rolls

**Kale coleslaw**
- ½ head of kale
- ½ carrot
- ½ can 15oz. can kidney beans
- ¼ cup mayonnaise
- ¼ cup apple cider vinegar
- 1½ tablespoons sugar

Instructions:

1. Preheat the oven to 425°F.
2. In a medium sized mixing bowl combine 1 tablespoon oil, 2 tablespoons Lawry’s seasoning, and the mushrooms.
3. Put the seasoned mushrooms on a baking sheet coated with aluminum foil. Roast the mushrooms for 10-12 minutes.
4. Toss all the BBQ sauce with the cooked mushrooms until everything is coated. Cook for 5 more minutes, or until the mushrooms are pull apart tender.
5. Allow them to cool slightly, then shred with a fork.
6. Cut the head of kale into ribbons, and slice the carrots into thin strips. Place into a bowl and add the kidney beans to make the coleslaw.
7. For the coleslaw dressing, in a separate bowl mix the mayonnaise, apple cider vinegar, and sugar. Whisk to combine, then pour over the slaw and incorporate.
8. To assemble the sandwich, place some of kale coleslaw in the bun with mushroom mixture on top. Plate with kale coleslaw on the side also, enjoy!

Prep Time: 20 min  
Cook Time: 20 min  
Yield: 6 sliders

Total Cost of this meal:  
$4.10  
or $1.37 per person

Often lumped into the vegetable category, these edible fungi come in a variety of shapes, sizes, and earthy flavors. They’re natural beefy aroma makes them a tasty addition to any dish.

Containing B-vitamins and antioxidants, these are important for your metabolism and nervous system health.

They have been recorded in Egyptian hieroglyphics, but prominently cultivated by the French; grown in special caves.