

# Baked Potatoes with Mushroom Boca Sauce

Servings: 8

## Ingredients

- 8 medium baking potatoes (4-lbs. total)
- 2 cans (10 $\frac{3}{4}$  oz.) Cream of Mushroom Soup (low sodium)
- 12 oz. Boca Crumbles (or any vegetarian ground beef substitute)
- 1 (4 oz.) can sliced mushrooms

## Directions:

1. Scrub potatoes and prick once or twice on each side with a fork.
2. Place potatoes in a covered casserole dish and bake at 400 degrees for 1 hour.
3. Heat soup with mushrooms and Boca Crumbles in a saucepan over medium heat.
4. Let potatoes rest 5- to 10-minutes after removing from the oven.
5. Open the potato like you would for a typical baked potato that you were going to add condiments to, but top this one with  $\frac{1}{2}$  c. mushroom Boca sauce and optional condiments as desired.

## Optional add-ons:

- LIGHT sour cream
- Shredded, cheddar cheese

## Nutrition:

### 8 oz potato, topped with $\frac{1}{2}$ c. mushroom Boca sauce

calories: 274    protein: 15.3g    total carbohydrate: 49.7g    total fat: 3.7g  
sugars: 3.6g    sodium: 298mg    dietary fiber: 7g    saturated fat: 1g

## Nutrition:

### LIGHT sour cream, 2 Tbl. (Lucerne brand)

calories: 35    protein: 2g    total carbohydrate: 3g    total fat: 2g  
sugars: 2g    sodium: 55mg    dietary fiber: 0g    saturated fat: 1.5g

## Nutrition:

### Shredded Cheddar Cheese, 2 Tbl.

calories: 56.9    protein: 3.5g    total carbohydrate: 0.2g    total fat: 4.7g  
sugars: 0.7g    sodium: 87.7mg    dietary fiber: 0.0g    saturated fat: 3g