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Mushroom Paella

By: Ashley from Blissful Basil



It doesn't get more Spanish than this! Author and photographer of the food blog and cookbook, Blissful Basil, Ashley shares her amazing mushroom paella recipe. This dish packs a rich punch of flavor thanks to a sofrito base, hearty mushrooms, and artichoke hearts.



Mushroom Paella

Serves: 6-8

INGREDIENTS:

- 1 1/2 pounds button or cremini mushrooms, baby bella, or a mix of both, stemmed and left whole or quartered (depending on size)
- 1 ounce dried porcini mushrooms, reconstituted and drained (optional)
- 3 tablespoons olive oil, divided

- 1 tablespoon chopped fresh parsley, plus more for garnishing
- 1 red bell pepper, cored, seeded, and julienned
- 1 teaspoon sea salt, plus more to taste
- 1 medium red onion, julienned (about 2 cups)
- 4 cloves garlic, minced
- 1 to 2 teaspoons smoked paprika, depending on desired smokiness
- 1 (14-ounce) can diced tomatoes, undrained
- 1 (14-ounce) can artichoke hearts, drained and quartered
- 2 cups uncooked Arborio rice
- 4 cups low-sodium vegetable broth
- 1 cup filtered water
- 1 teaspoon saffron threads (optional but recommended)
- 2 lemons, halved (for spritzing)

INSTRUCTIONS:

1. Heat a large (12-inch diameter), well-seasoned cast iron skillet over high heat.
2. Once the pan is hot, add the only the button and cremini mushrooms, reduce the heat to medium-high, and cook for 6 to 8 minutes, nudging them around as needed to prevent burning. It will initially seem like the mushrooms will burn but this is about the point when they will release their liquid. Continue cooking until there is just the tiniest amount of mushroom liquid remaining in the pan and the mushrooms have a deep golden-brown glisten to them.
3. Reduce the heat to medium-low, and add the porcini mushrooms, 1 tablespoon of the olive oil, and the parsley. Cook for another 2 minutes, or until the parsley wilts, stirring frequently. Remove from the pan and reserve.



ABOUT THE AUTHOR

Ashley Melillo is a school psychologist, cookbook author, and the writer, photographer, and plant-passionate recipe creator behind [Blissful Basil](#), a blog dedicated to unearthing the happiest side of life through wholesome, plant-based foods. With roots in both psychology and plant-based nutrition, Ashley is fascinated with the way that diet and lifestyle choices affect physical, cognitive, and emotional wellness. She incorporates a wide array of natural, health-enhancing ingredients into her recipes with the hope of guiding others on their path towards improved well-being all while enjoying delicious food (read: you can have your health and eat cake too!). She holds a Certificate in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies, and her recipes have been featured in Women's Health, Redbook, The Huffington Post, and Shape, among others. She lives in Chicago with her husband, Dan, and orange tabby cat, Jack.

