

How to Cook With Canned Mushrooms

Canned foods are a convenient and inexpensive way to add fruits and vegetables to your diet, and their rich texture makes them a good meat substitute in vegetarian recipes. Using canned mushrooms can add a small amount of fiber and other nutrients -- including iron, magnesium and B-complex vitamins -- to your favorite recipes. If your recipe calls for a pound of mushrooms and you would prefer to use the canned version, substitute one 6-oz. can for a similar amount. The options for adding canned mushrooms to your cooking are only limited by your imagination. Pick up a can or two next time you head to the supermarket, and get creative.

Step 1

Open your can of mushrooms using a can opener.

Step 2

Dump the contents of the can into a small colander. Rinse with cool water.

Step 3

Drain the mushrooms for two to three minutes, or until all of the juice and water has run off.

Step 4

Chop the mushrooms into bite-sized pieces, if necessary.

Step 5

Add the drained mushrooms to your recipes. Include some in your favorite pasta sauce, soup, stew or casserole recipe. Spoon some canned mushrooms onto a grilled cheese sandwich or meatball hoagie. Spread some on top of a hamburger or add to a grilled hot dog. Add some canned mushrooms to grilled meats or roasted chicken or shake some on a tossed green salad.

Step 6

Saute the mushrooms in a small amount of olive oil for two to three minutes as an alternate way to cook with canned mushrooms. Serve them as a nutritious side dish sprinkled with fresh parsley.

Things You'll Need

Canned mushrooms

Can opener

Small colander

Cutting board

Sharp knife

Fresh parsley

Olive oil

Small saute pan

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 - How to Cook Mushrooms Without Using Oil
 - How to Cook Mushrooms in the Oven
 - Nutritional Value of Morel Mushrooms
 - How to Bake Mushroom Caps