

## What's in the Bag

4 Portobello mushroom caps	1 lemon
1 small butternut squash	1 jar seasoning (4 tbsp tomato paste, 2 tbsp soy sauce, 2 tbsp flour)
1 onion	50 grams walnuts
1 carrot	Fresh thyme (4 grams)
1 stalk celery	30 grams fresh parsley
2 cloves garlic	
2 vegetable bouillon cubes	

## What's Not

olive oil or butter  
salt  
water