

Lunch | Dinner

Meaty Mushroom Burgers

10 Mins
Prep Time

10-12 Mins
Cook Time

4
Servings

 **356 Calories** **15g Fat** **28g Carbs** **29g Protein**

**Nutrition information does not include burger toppings*





Ingredients

 **4 Servings** • **4 oz Burger Serving Size**

 **20-22 Mins Total Time**

 **Allergens: Fish**

1 lb Lean Ground Beef (90/10), 
do not rinse meat before using

8 oz Sliced White or Baby Bella Mushrooms, 
wash under cold running water

1 Tbsp Extra Virgin Olive Oil

¼ Cup Worcestershire Sauce, divided

Salt and Pepper, to taste

4 Hamburger Buns

Favorite Hamburger Toppings (optional)

Allergen Swap

Fish Omit Worcestershire sauce, which may contain anchovy paste

Nourishment Note



Lean Beef

Lean beef is a good source of many different vitamins and minerals, including zinc. Zinc is an important mineral for the immune system. Beef is also an excellent source of protein. Protein needs may be elevated when fighting an active infection.



Mushrooms

Mushrooms are a good source of antioxidants, like vitamin C, selenium and choline. Antioxidants are known for their important role in the immune system, by removing free radicals and reducing oxidative stress.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Prepare Mushrooms

Add mushrooms to a food processor or finely dice with a knife and cutting board.

3. Heat Skillet

To a skillet, heat the olive oil over medium-high heat and add the finely diced mushrooms. Cook for 5-7 minutes, or until golden brown. Remove from heat and allow to cool for 5 minutes.

4. Prepare Burgers

Mix ground beef and cooled mushrooms in a bowl until well-combined. Make 4 burger patties and set on a plate. Season each burger with salt, pepper and 1 Tbsp Worcestershire sauce.

Wash hands with soap and water after touching raw meat.

5. Grill Burgers

Grill burgers on medium-high heat, flipping halfway through, **until internal temperature reaches at least 160°F**, about 6-7 minutes per side.

6. Assemble Burgers

Transfer burgers to a clean plate. Place patties on hamburger buns and top with your favorite burger toppings. Enjoy!

7. Wash Hands

Wash hands with soap and water.

Recipe adapted from mushroomcouncil.com

What You'll Need



Food Processor (optional)



Knife



Cutting Board



Skillet



Measuring Spoon



Measuring Cup



Spoon



Large Bowl



Plates (2)



Grill



Grill Spatula

Fatigue Buster

- If you don't feel like grilling, cook hamburgers in a skillet, grill pan or an indoor grill (ex. George Foreman Grill™)
- Freeze any uneaten burgers and thaw to eat on a day when you are low on energy.