



Beef and Mushroom Burgers

Servings 6 | Prep time 20 mins. | Total time 30 mins.

Equipment: Medium frying pan, Large mixing bowl

Utensils: Potato masher or fork, Mixing spoon, Measuring cups and spoons

Ingredients

2 teaspoons olive oil OR vegetable oil, divided
12 ounces mushrooms, chopped into 1/4 inch pieces
8 ounces (85% or leaner) ground beef
1/4 teaspoon black pepper
1/8 teaspoon salt
2 large eggs
1/2 cup seasoned bread crumbs
2 tablespoons Worcestershire sauce
6 whole wheat buns, toasted

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Add 1 teaspoon oil to medium frying pan over medium-high heat. Add mushrooms and cook until tender, about 5 minutes. Remove from frying pan, place in large mixing bowl, allow to cool for 5 minutes.
3. Mash mushrooms with potato masher or fork until mushrooms break up into small pieces, and allow to cool.
4. Add beef, black pepper, salt, eggs, bread crumbs, and Worcestershire sauce to bowl with mushrooms, mix until combined evenly. Form mixture into 6 patties of equal size.
5. Add remaining teaspoon of oil to pan. Preheat frying pan to medium-high heat.
6. Cook burgers for 5 to 7 minutes on each side or until they reach an internal temperature of 160°F.
7. Serve burgers on whole wheat buns.

Nutritional Information:

Calories 260
Total Fat 9g
Sodium 450mg
Total Carbs 28g
Protein 17g