



# Roasted Mushroom Burger

4 Servings • 1 Serving = 1 Burger

## INGREDIENTS

- 3 cups mushrooms, roughly chopped
- 1 Tablespoon extra virgin olive oil
- 1 teaspoon less sodium soy sauce
- ½ pound extra lean ground beef (93%)
- ¼ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 1 Tablespoon grapeseed or canola oil
- 4 whole wheat buns
- 1 tomato, sliced
- ½ red onion, sliced
- 4 romaine lettuce leaves
- 1 avocado, sliced

## DIRECTIONS

1. Preheat oven to 350°F.
2. In a large bowl, combine the mushrooms, oil, and soy sauce. Stir well to combine.
3. Lay mushrooms in a flat layer on a baking sheet and roast for 25 minutes. Remove from the oven and let cool, about 10 minutes.
4. Place the ground beef in a bowl and season with salt and pepper. Add the cooled mushrooms and mix well with your hands. Form into 4 equal-sized patties.
5. Heat a skillet over medium heat. Add the oil and place patties into the skillet, cooking for 6 minutes on one side. Flip and cook for another 6 minutes. Remove the patties from the skillet and let sit on paper towels.
6. Serve on buns with tomato, onion, lettuce, and avocado.

## Nutrition Facts

4 servings per container

Serving size **1 burger**

Amount per serving

**Calories 350**

% Daily Value\*

**Total Fat** 17g 22%

Saturated Fat 2.5g 13%

Trans Fat 0g

**Cholesterol** 30mg 10%

**Sodium** 470mg 20%

**Total Carbohydrate** 31g 11%

Dietary Fiber 3g 11%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 21g

Vitamin D 0mg 0%

Calcium 119mg 10%

Iron 3mg 15%

**Potassium** 551mg 10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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