

# The Better-For-You Blend



With The Blend, it's never been easier to enjoy healthier versions of your favorite recipes without sacrificing taste and texture. Use mushrooms to transform your meals – simply chop mushrooms to match the texture of ground meat and use in place of some of the meat in recipes you love such as burgers, meatballs, meatloaf, tacos, lasagna, and pasta sauce.

## WHY THE BLEND?

- **Reduce calorie and fat intake.** Research suggests substituting mushrooms for lean ground beef in an entrée just once every week would save you almost 20,000 calories in one year<sup>1</sup>.
- **Pack in nutrition.** The Blend adds more nutrients to the plate like vitamin D, potassium (8%), B-vitamins, and antioxidants.
- **Boost flavor.** Studies show combining meat with mushrooms actually enhances the flavor of your favorite recipes.
- **Reduce sodium intake.** Thanks to mushrooms' umami (savory) taste, studies confirm you can maintain the delicious flavor of recipes you love while reducing sodium by 25%<sup>2</sup>.
- **Extend portions.** The Blend adds bulk and volume allowing you to generate more servings and extend portions. Did someone say leftovers?
- **Bring vegetables to the plate.** Adding mushrooms into the mix makes it easier to add an extra serving of vegetables to the plate.
- **Go Green.** Mushrooms are grown year-round in highly controlled environments and effectively convert water into food.
- **Save \$\$.** Generating more servings and extending portions means cost savings on the price per serving.

## HOW DOES THE BLEND WORK?

No frills. No fuss. Making The Blend is as easy as 3 simple steps.

1. **CHOP** up your favorite mushroom variety to match the consistency of ground meat in the recipe.
2. **COOK** and season the mushrooms the way you would meat.
3. **COMBINE** the cooked mushrooms and meat and use the mix to complete your recipe.

The Blend makes it easy to bring healthier options to the table that your whole family will enjoy. Start with dinner tonight! Visit our website [www.mushroominfo.com](http://www.mushroominfo.com) for more Blend recipes and inspiration.



# Classic Beef Blended Burger

*Sink your teeth into a delicious burger made with a blend of lean ground beef and finely chopped mushrooms.*

## INGREDIENTS

1/2 lb. mushrooms, finely chopped  
1 lb. lean ground beef  
1 small onion, finely diced  
1 clove garlic, minced  
1/2 cup breadcrumbs  
1 egg  
6 hamburger buns  
Toppings: Lettuce, tomato, onion, mayonnaise, ketchup, mustard, pickles

## DIRECTIONS

1. Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
2. In a non-stick skillet over medium heat, cook chopped mushrooms until brown and most

moisture has been released, about 3-5 minutes. Set aside to let cool.

3. In a large bowl, combine mushrooms, beef, onion, garlic, breadcrumbs and egg; mix all ingredients until incorporated. Form into 6 patties, and cook either on the barbecue or on the stove-top until internal temperature reaches 160°F.

4. Place patty on warmed bun and top with lettuce, tomato and red onion.

Makes 6 (1/3 lb.) patties.

*Nutritional Information: Calories: 350, Total Fat: 14 g, Saturated Fat: 5 g, Cholesterol: 80 mg, Sodium: 350 mg, Total Carbohydrate: 33 g, Dietary Fiber: 3 g, Sugars: 6 g, Protein: 22 g*

Visit [www.mushroominfo.com](http://www.mushroominfo.com) for the latest news, recipes and blog posts from the Mushroom Council.

