

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.¹
- **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%.²
- **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 the ground meat;
2. **Blend** the chopped mushrooms with the ground meat;
3. **Cook** your mushroom-meat blend to complete the 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 mushroomcouncil.com for more Blend recipes and inspiration.





RECIPE

Classic Beef Blended Burger

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

Ingredients

½ pound crimini or white button mushrooms
2 tablespoons olive oil, divided
1 pound ground beef
½ teaspoon salt
4 buns

Directions

1. Finely dice mushrooms or gently pulse in food processor.
2. In skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms, sautéing 5-7 minutes, or until golden brown. Remove from heat and cool 5 minutes.

3. Transfer cooled mushrooms to medium bowl. Add ground beef and salt, mixing until combined.
4. Make 4 patties. Add remaining tablespoon of olive oil to pan and cook burger patties on medium-high heat until desired doneness. Plate and add desired toppings to bun.

Topping recommendations: fresh tomato, red onion, butter lettuce, cheddar cheese and your favorite spreads.

1. Cheskin L.J., Davis, L.M., Lipsky L.M., Mitola, A.H., et al. Lack of Energy Compensation Over 4 Days When White Button Mushrooms Are Substituted for Beef. *Appetite* (2007).
2. Miller, A.M., Mills, K., Wong, T., Drescher, G., et al. Flavor-Enhancing Properties of Mushrooms in Meat-Based Dishes in Which Sodium Has Been Reduced and Meat Has Been Partially Substituted with Mushrooms. *Journal of Food Science* (2014).

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

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