



Mushroom Burger Sliders

Ingredients:

2 cups Portobello mushrooms, gills removed, and chopped

2 cups cooked black beans, rinsed and divided

1 cup fresh finely chopped broccoli or other veggie of choice

1/2 cup red onion, minced

3 large eggs, beaten

1/2 cup plus 2 tablespoon panko crumbs

1 tablespoon steak seasoning

1 tablespoon Worcestershire

2 tablespoon minced garlic

3/4 cup fresh grated Parmesan cheese

Olive oil



Serves: 12

Prep Time: 15 minutes

Cook Time: 20 minutes

Nutrition Information: 2 sliders

475 calories, 14 g fat, 45 g carb (8 g fiber, 5 g sugar) 18 g protein

Adopted from The Kitchen Whisperer



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Instructions

1. Sauté chopped mushrooms, set aside
2. Next, add in the sauteed mushrooms, the rest of the beans, broccoli, garlic, onion, Worcestershire and steak seasoning.
3. Mix just until coated.
4. Add in eggs, cheese and panko, then mix gently with a large spoon until the mixture is combined.
5. Set aside while you place a medium non-stick pan over medium heat and add in 2T of oil.
6. Once the oil starts to shimmer (about 1-2 mins), using dampened hands (the mixture will stick to you if you don't), scoop a 1/4 cup of mixture into the palm of your hand and gently shape into a burger all the while pressing together. The mixture should hold a burger shape. If it doesn't add just a tablespoon more of bread crumbs.
7. Place in the oil and cook for 3-5 minutes per side or until golden brown and a crust has formed on each side.

Options: top with swiss cheese and caramelized onions, mini Hawaiian rolls



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