

Juicy mushroom and beef burgers

Ingredients

- 1 pound lean ground beef (90/10)
- 12 ounces mushrooms, cremini or white button
- ½ cup finely chopped onion
- 1 egg
- ½ cup rolled oats
- ½ teaspoon Worcestershire sauce
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 1–2 tablespoons avocado or olive oil, for cooking

To serve

- 6 buns, preferably whole wheat and any toppings you like (adds 120 calories each)



Nutritional information

Total cost: \$9.10/\$1.50 per serving

Serves: 6

Calories: 210 per serving

Directions

- Clean the mushrooms and use a food processor (or by hand) to chop them into small, even pieces, similar to ground beef.
- Heat 1 tablespoon oil in large skillet over medium-high heat.
- Add mushrooms and cook, stirring occasionally, until liquid releases and pan is dry again, about 5–7 minutes. The mushrooms will shrink and darken.
- Spread them on a plate and let them cool for a few minutes.
- In a large bowl, mix the beef, cooled mushrooms, onion, egg, oats, Worcestershire sauce, salt and pepper.
- Use your hands to combine everything just until it holds together. Avoid mixing too much as this can make patties tough.
- Divide mixture into 6 equal portions and shape each into ½-inch thick patty. Use your thumb to press a small dip in the center of each one so they cook flat.
- Place patties on a plate and chill them in the fridge for 30 minutes to help them hold together while cooking.
- Heat remaining oil in a skillet over medium-high heat. Cook patties for 4–5 minutes per side, until browned and the center reaches 160 degrees. Since patties are lean, try not to press them with the spatula as this will squeeze out their juices.
- After cooking, let patties rest for a few minutes. Then place on buns and add your favorite toppings.

Tips:

- Drying the mushrooms is key to making a juicy burger instead of a soggy one. Cook mushrooms until the pan is dry before mixing them in. If you skip this, the patties can hold too much water and might fall apart while cooking.
- For a deeper flavor, roast mushrooms instead of sautéing. If your oven is on, spread chopped mushrooms on a sheet pan, add a little oil and roast at 425 degrees for about 15 minutes until they are dry and browned. Roasting removes more water and gives a richer taste. Cooking on the stove is faster and uses just one pan, so pick the method you prefer.
- Rolled oats are a great gluten-free binder, but you can an equal amount of breadcrumbs if you like. Both quick oats and old-fashioned oats work. If patty mixture is too wet, just add another spoonful of oats.
- Watch the salt if you are concerned about heart health. Ground beef and Worcestershire sauce already add sodium.
- To stretch the recipe furhter, you can use mushrooms for up to half the weight of the mix. This makes the burgers lighter and more budget-friendly. The patties will be a bit more delicate, so keep the egg and oats, chill them well, and flip gently when cooking.
- Be sure to cook patties to correct temperature. Mushrooms make them brown quickly on the outside, so use a thermometer to check that the center reaches 160 degrees instead of judging by color.
- This recipe works well for making ahead. Cook all six patties, have some for dinner and freeze the rest for a quick meal later. The blended mix is also versatile. You can brown it in a pan and use it for tacos, sloppy joes or pasta sauce, helping one pound of beef go even further.
- Round out the meal with simple, budget-friendly sides like cabbage slaw, oven fries or bean salad to make a filling family dinner. For a lighter meal, skip the bun and serve the patty over a grain bowl or green salad. This also makes a great lunch when reheated.

Storage

- Fridge: Keep cooked patties in an airtight container in the fridge for up to 3 days. If you've shaped raw patties, they'll stay fresh for up to 1 day before cooking.
- Freezer: You can freeze these patties either raw or cooked. Place a piece of parchment between each one, stack them, and seal them in a freezer bag, pressing out the air. They'll keep for up to 3 months. Raw patties might release some mushroom liquid as they thaw, but they'll still turn out moist when cooked. Let them thaw in the fridge overnight before cooking.
- To reheat: Place the patties in a skillet over medium heat or in a 325°F oven until hot all the way through. Adding a splash of water to a covered skillet helps keep them juicy. You can also use the microwave if you're short on time, but it might make the edges a bit tough.