



EAT YOUR BEST.
LESS SALT.
MORE PLANTS.



MUSHROOM MELT BEET BURGER

WITH CREMINIS, CAMELIZED ONIONS, & "CHEDDAR"

MAKES 6 SERVINGS

INGREDIENTS

- 2 garlic cloves, sliced
- 1/4 onion, finely chopped
- 1 beet, roasted
- 1 15-oz can low sodium black beans, rinsed and drained
- 1/2 cup cooked brown rice
- 5 small cremini mushrooms, chopped
- 5 tablespoons oat flour (as needed)
- 1 teaspoon black pepper
- 1 tablespoon fresh thyme

ASSEMBLY

- 6 whole grain buns, toasted
- 1 8-oz box mushrooms, sliced and sautéed in 1 tsp olive oil
- 1 yellow onion, caramelized in 1 tsp olive oil
- 1 cup plus 2 tablespoons Eat Your Best Cauliflower "Cheddar"

METHOD

- 1** Add garlic, onion, thyme, mushrooms to a pan with olive oil. Cook gently until softened. Add to food processor, pulse with beets until a vegetable meal forms, and transfer to a mixing bowl.
- 2** Pulse beans in food processor until mashed, add to veggie mixture, and stir in the brown rice. Add black pepper, oat flour as needed and mix together with a spatula.
- 3** Cook burgers by pan frying on medium heat with a neutral oil for 3 minutes per side.
- 4** Place cooked patties on the burger buns, top each with 3 tablespoons of cauliflower cheddar, caramelized onions, and sautéed mushrooms.

[Return to Table of Contents](#) 8

NUTRITION FACTS: Calories 340

Total Fat 4g

Sodium 400mg

Fiber 14g

Protein 18g