

Mushroom Turkey Burgers



60 MIN

6 to 8 Burgers

Easy

Ingredients

- 2 lbs. ground turkey
- ½ lb. cremini mushrooms
- ½ lb. shiitake mushrooms
- Olive oil
- Coconut aminos - we use Coconut Secret
- Splash of balsamic vinegar
- 1 ½ teaspoons onion granules
- 1 ½ teaspoons garlic granules
- 2 teaspoons Marilyn's Essence - either spicy or mild, depending on your taste
- 1 teaspoon salt

Instructions

- Chop the mushrooms - quartered is just fine, then pulse in a food processor until coarsely ground. You want the mushrooms to be about half of a pea-size.

- Heat about 2 tablespoons olive oil in a medium-size sauté pan and add the mushrooms.
- Add a pinch of salt, 1 tablespoon coconut aminos, and a splash of balsamic vinegar.
- Stir regularly and cook well until they are dry - about 15 minutes or so.
- Taste and if you'd like them more flavorful add another tablespoon of coconut aminos.
- When the mushrooms are done, allow them to cool before adding to the turkey.
- While the mushrooms are cooking put the ground turkey into a bowl and add the onion and garlic granules, Marilyn's Essence, and salt.
- Don't add the mushrooms until they have cooled down a bit.
- When mushrooms are cool mix all the ingredients together and shape them into 6 or 8 burgers. We tend to make burgers that are about 5.5 ounces which will make 8 burgers.
- Heat olive oil in a skillet and cook on medium heat, as many as will fit in your pan at one time. Turn once browned on the bottom and cook to 165°.
- Serve with your favorite sides.