

Mushroom Burgers

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These mushroom burgers are delicious and full of flavor!

INGREDIENTS

- 8 oz. whole Baby Bella mushrooms
 - 2 eggs
 - 2-3 slices sourdough bread
 - 1/4 teaspoon Italian seasoning
 - 1/4 teaspoon salt
 - 1/2 tablespoon Nutritional Yeast
- <https://amzn.to/2TZNDW>
- 1/4 teaspoon onion powder
 - 1/4 teaspoon garlic powder
 - 2 tablespoons avocado oil, and more for frying the

burgers

- 1/4 teaspoon ground flaxseed
- half green bell pepper
- 1/4 red onion

INSTRUCTIONS

- Chop slices of bread in food processor and turn into bread crumbs
- Transfer bread crumbs to a medium bowl
- Finely chop mushrooms in very small pieces, discard the bottoms
- If using a cast iron skillet, preheat to medium
- Add avocado oil to the skillet and sauté peppers and onions
- Set aside to cool for 5 minutes
- Add and fold the eggs, and add the rest of ingredients to the bread crumbs
- Form and cook the burgers



Sourdough Gluten Free Bread



Chop into cubes



Homemade Bread
Crumbs



Baby Bella Mushrooms





If you are vegan, you can substitute the eggs for ground flax seeds mixed with water



Fry in avocado oil



Flaxseed is such a nutritional powerhouse. It is one of the very few plant sources of omega-3 fatty acids and has a tremendous amount of antioxidants. It is also very high in fiber. To be able to get those benefits, it is important to know that flaxseed needs to be ground. If it is eaten whole, the benefits will be passed through the body undigested.

If the day is nice and sunny outside, make these burgers, and consider going to a local park and have a picnic.

Enjoy!

PRODUCTS I RECOMMEND:

Food Processor <https://amzn.to/3bK6MoD>

Cookie Sheet <https://amzn.to/3uDpbvU>

Cookie Rack <https://amzn.to/2ZWCrh1>

Cast Iron Skillet <https://amzn.to/3b0LzYn>

Silicone Spatulas <https://amzn.to/3q0nPb3>

Nutritional Yeast <https://amzn.to/37UofJM>