

Mushroom Beef Burgers

1 tablespoon vegetable oil
12 ounces fresh mushrooms of choice, chopped
¼ cup chopped onion
4 ounces fresh spinach, coarsely chopped
1 pound lean ground beef
¼ teaspoon salt
¼ teaspoon black pepper
1 teaspoon Worcestershire sauce
1 egg, beaten

In a large skillet, heat vegetable oil over medium heat. Add chopped mushrooms and onions, stirring frequently until mixture starts to brown. Add spinach and stir until wilted. Turn off heat.

In a large bowl, mix together ground beef, salt, pepper, Worcestershire and egg. Add vegetables from skillet. Mix thoroughly.

Form the mixture into 4 – 6 patties, depending on what size you would like or how many people you have to feed. Place patties on a tray lightly coated with oil. Cover and refrigerate at least 20 minutes.

Cook over medium heat in an oil coated skillet, turning once the bottom side is nicely browned. The thickest part should reach 155°F, 165° if ground chicken is used.

Serve on a whole grain bun with toppings of choice.