

# UMAMI BURGER



## Ingredients:

|   |            |                         |
|---|------------|-------------------------|
| 1 | Pound      | Ground Beef (or Turkey) |
| 4 | Ounces     | Baby Bella Mushrooms    |
| 1 | Tablespoon | Worcestershire Sauce    |
| 1 | Teaspoon   | Fish Sauce              |
| 1 | Clove      | Garlic                  |
| 1 | Teaspoon   | Salt                    |
| ½ | Teaspoon   | Pepper                  |

## Directions:

1. Clean and trim mushrooms. If very large, halve or quarter them. Place in a food processor and pulse a few times.
2. Add Worcestershire sauce, fish sauce, garlic, salt and pepper and pulse until the mushrooms are chopped medium.
3. Add ground beef and pulse until mushrooms are chopped fine and the everything is thoroughly mixed.
4. Shape into patties and grill or pan fry.