

Blended Beef and Mushroom Sliders, Marinara, Mozzarella

Serving Size: 2 each

Makes 15 servings

Ingredients:

1 tbsp	canola oil
3 lb.	button mushrooms, chopped
2 tbsp	garlic cloves, minced
2 tbsp	oregano bunch, chopped
¼ cup	basil, chopped
2 lb.	ground beef, 80/20, raw
¾ tsp	salt
30 each	slider bun, sliced
2 cup	marinara sauce
1 cup	part skin mozzarella cheese, shredded

Preparation:

1. Heat oil in a sauté pan. Sauté mushrooms until all liquid is cooked out.
2. Stir in garlic. Cook until fragrant. Chill.
3. In a bowl, mix together cooked mushrooms, oregano, basil, ground beef and salt. Form into 2 oz wt. patties.
4. Sear patties on a hot flat top or grill to an internal temperature of 145°F.
5. Top each burger with 1 TBSP marinara and ½ TBSP shredded mozzarella. While still on the grill, cover and allow cheese to melt; or move burgers to the oven to a 350°F melt cheese.

NUTRITION FACTS PER SERVING

calories	380
total fat (g)	14
saturated fat (g)	4.5
trans fat (g)	0
sodium (mg)	580
total carbohydrate (g)	42
dietary fiber (g)	3
sugar (g)	9
protein (g)	24



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