



Mushroom Turkey Burger

Ingredients needed for Mushroom Turkey Burgers

- 1 package of Aunt Millie's Live Carb Smart Hamburger Buns
- 1 pound ground turkey meat
- 10 ounces of pre-sliced mushrooms
- 4 slices Muenster cheese
- ½ cup of white onion, diced
- 2 teaspoons minced garlic, divided
- 4 tablespoons Dijon mustard
- 3 tablespoons olive oil
- Tomato and lettuce, for toppings (optional)
- Salt and Pepper, to taste



Directions | Yield: 4 Servings of Mushroom Turkey Burgers

1. In a mixing bowl, combine ground turkey, diced onion, one teaspoon of minced garlic, and salt and pepper to taste. Shape into ½" thick patties and refrigerate for 20 minutes.
2. Heat a skillet to medium-high heat. Add one tablespoon of oil and the remaining minced garlic and cook until garlic is fragrant about 2-3 minutes. Add in mushrooms and sauté until cooked until brown and soft. Season with salt and pepper and set aside in a bowl.
3. Remove patties from the fridge. Add one tablespoon of oil to the same skillet and cook burgers for about 3 minutes on each side. Once cooked, add cheese, place a lid on the skillet, and cook until cheese is melted. Once cooked, transfer burgers to a plate.
4. Add olive oil to a clean skillet over medium-low heat. Split buns in half and place face down and toast until golden brown.
5. Spread Dijon mustard on the bottom of the toasted buns, then top each bun with the turkey burgers, mushrooms, lettuce, and tomato and enjoy your Mushroom Turkey Burgers.

