

The Better-For-You Blend



With The Blend™, it's never been easier to enjoy healthier versions of your favorite recipes without sacrificing taste and texture. Use mushrooms to transform your meals. Simply chop mushrooms to match the texture of ground meat and use in place of some of the meat in recipes you love such as burgers, meatballs, meatloaf, tacos, lasagna and pasta sauce.

Why The Blend?

Reduce calorie and fat intake. Research suggests substituting mushrooms for lean ground meat in an entrée just once every week would save you almost 20,000 calories in one year¹.

Pack in nutrition. Adding one serving of five medium mushrooms provides an excellent source of the B vitamins riboflavin (28%), niacin (20%), pantothenic acid (27%) and copper (32%), and contains potassium (6%) and one 100 g serving contains 4 mg of ergothionein².

Boost flavor. Combining meat with mushrooms enhances the flavor of your favorite recipes.

Reduce sodium intake. Thanks to mushrooms' umami (savory) taste, studies confirm you can maintain the delicious flavor of recipes you love while reducing sodium by 25%³.

Extend portions. The Blend adds bulk and volume allowing you to generate more servings and extend portions. Did someone say leftovers?

Bring vegetables to the plate. Adding mushrooms into the mix makes it easier to add an extra serving of vegetables to the plate.

Go green. Mushrooms are grown year-round in highly controlled environments and effectively convert water into food.

Save \$\$. Generating more servings and extending portions means cost savings on the price per serving.

How Does The Blend Work?

No frills. No fuss. Making The Blend is as easy as three simple steps.

- 1. Chop** up your favorite mushroom variety to match the consistency of the ground meat.
- 2. Blend** the chopped mushrooms with the ground meat.
- 3. Cook** your mushroom-meat blend to complete the recipe.

The Blend makes it easy to bring healthier options to the table that your whole family will enjoy. Start with dinner tonight!



Visit our website mushroomcouncil.com for more Blend recipes and inspiration.

Classic Beef Blended Burger



Sink your teeth into a delicious burger made with a blend of lean ground beef and finely chopped mushrooms.



Ingredients

- ½ pound crimini or white button mushrooms
- 2 tablespoons olive oil, divided
- 1 pound ground beef
- ½ teaspoon salt
- 4 buns



TOPPING RECOMMENDATIONS:

fresh tomato, red onion,
butter lettuce,
cheddar cheese and
your favorite spreads.



Directions

1. Finely dice mushrooms or gently pulse in food processor.
2. In skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms, sautéing 5-7 minutes, or until golden.
3. Transfer cooled mushrooms to medium bowl. Add ground beef and salt, mixing until combined.
4. Make 4 patties. Add remaining tablespoon of olive oil to pan and cook burger patties on medium-high heat until desired doneness. Plate and add desired toppings to bun.

Source: U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov.

¹ Cheskin LJ, Davis LM, Lipsky LM, et al. Lack of energy compensation over 4 days when white button mushrooms are substituted for beef. *Appetite*. 2008 Jul;51(1):50-57. DOI: 10.1016/j.appet.2007.11.007. PMID: 18221822. <https://europepmc.org/article/med/18221822>

² U.S. Department of Agriculture, Agricultural Research Service. FoodData Central, 2019. fdc.nal.usda.gov. <https://data.nal.usda.gov/dataset/usda-national-nutrient-database-standard-reference-legacy-release>

³ Myrdal Miller, A., Mills, K., Wong, T., Drescher, G., Lee, S.M., Sirimuangmoon, C., Schaefer, S., Langstaff, S., Minor, B. and Guinard, J.-X. (2014), Flavor-Enhancing Properties of Mushrooms in Meat-Based Dishes in Which Sodium Has Been Reduced and Meat Has Been Partially Substituted with Mushrooms. *Journal of Food Science*, 79: S1795-S1804. <https://doi.org/10.1111/1750-3841.12549>

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