



# More Flavor, Less Guilt: The Ultimate Cookbook

15 HEALTHY, SAVORY RECIPES FOR  
GUILT-FREE INDULGENCE





# When Healthy Meets Savory

You've heard it all before: "Healthy food doesn't have to be boring!" Nutrition experts dress leafy greens with colorful toppings, introduce exotic fruits you've never heard of— and somehow, even make mushrooms look sexy!

It's cliché, but true. With some creativity, food can be both delicious and nutritious.

The recipes in this cookbook are specially crafted to be both healthful and flavorful, aiming to help you reduce your sodium and fat intake as well as to lower your cholesterol.

Every recipe has one special ingredient behind the health benefits: mushrooms.

Their unique "umami" content gives mushrooms a savory flavor like no other ingredient. When blended with meat, mushrooms can add a robust taste to traditional dishes, without the added calories. They're also one of the very few foods that provide a natural source of vitamin D when exposed to light, according to the National Institute of Health.

And that's not all. Mushrooms also contain potassium, a powerful antioxidant called selenium, and other minerals with antioxidant-like effects that your body needs to be on its A-game.

**Eat all the indulgent foods you love, without guilt, with these 15 mushroom-blended recipes.**





## **Blended Mushroom & Chicken Pot Pies**

Who doesn't love the aroma of warm pot pies in the oven? Cut the calories of a traditional pie with our flavorful mushroom, lean chicken and vegetable stuffed alternative, courtesy of [The Mushroom Council](#).

Careful, one bite of this fluffy pastry crust and you might not want to stop! Luckily, this healthy recipe is so low in sugar and high in protein, that you can have a little extra without regret.

## RECIPE #1

# Blended Mushroom & Chicken Pot Pies

## INGREDIENTS

1/2 pound	mushrooms, finely chopped
1/2 pound	lean ground chicken
1/2 tsp	garlic & herb seasoning
1	medium onion, finely diced
2 tbsp	butter
1 tbsp	flour
1 cup	chicken broth
1/2 cup	cream or milk
1 1/2 cup	frozen peas, carrots & corn blend
1/4 tsp	salt
	Frozen puff pastry, thawed per instructions on the package

## INSTRUCTIONS

1. Preheat oven to 350°F.
2. Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
3. In a large skillet, cook meat, mushrooms, onion and seasoning. Set aside.
4. In a saucepan, melt butter. Whisk in flour until smooth. Gradually whisk in broth and cream. Slowly bring to a boil while stirring until thickened.
5. Stir in chicken and mushroom mixture, frozen vegetables and salt. Divide mixture among 6 ramekins.
6. On a lightly floured surface, cut defrosted puff pastry to size. Place dough over ramekin, sealing the edges. Make several slits in the center to allow for venting. Place ramekins on a rimmed baking sheet.
7. Bake the pot pie for 25-35 minutes, or until the puff pastry is lightly browned.

## YIELDS

6 ramekins



## Save time!

Tired of cleaning, dicing and seasoning your mushrooms? Consider Let's Blend® mushrooms, which are dressed with a mix of fresh spices and pre-chopped— ready to blend with your favorite protein. [See if your local grocery store carries Let's Blend](#) to enhance your meat with a juicier, tastier flavor— hassle-free!

For this particular recipe, our **Classic Blend** would be the best mix, with a balanced medley of mushrooms, garlic, paprika and other dry spices.



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## Blended Turkey Mushroom Meatloaf

By using turkey as the base for your meatloaf, you'll reduce the fat per serving that you'd consume eating traditional ground beef. Plus, adding mushrooms also lowers your calorie intake! Double win.

More room to enjoy [The Mushroom Council's](#) Sweet Ketchup and Brown Sugar Glaze recipe on top.



## RECIPE #2

# Blended Turkey Mushroom Meatloaf

### INGREDIENTS

1/2 pound	mushrooms, finely chopped
1 pound	lean ground turkey
1/2	small onion, finely diced
1/2 tsp	garlic & herb seasoning
1 cup	breadcrumbs
1	egg
3 tbsp	wet mustard
3 tbsp	brown sugar
1/3 cup	ketchup

### INSTRUCTIONS

1. Preheat the oven to 350°F.
2. In a large mixing bowl, combine mushrooms, turkey, onion, seasoning, breadcrumbs and egg; mix until evenly combined. Form into lightly greased loaf pan.
3. In a small bowl mix together mustard, sugar and ketchup. Pour sauce over top of meatloaf, spreading until even. Cover with foil.
4. Bake for 60 minutes, or until cooked through.

### YIELDS

1 meatloaf

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## Blended Mushroom Sliders

Did someone say “burger night?” We took [The Mushroom Council’s blended burger recipe](#) and gave it our own special flair—to make mini sliders. These small burger bites make the perfect snack for guests.

Enjoy them over the big game or serve your sliders as an irresistible appetizer before your dinner party. Wait until you tell your guests they’re healthy! They’ll be snatched up in seconds.

## RECIPE #3

# Blended Mushroom Sliders

### INGREDIENTS

1 pound	cremini (AKA baby bella) or white button mushrooms
2 tbsp	olive oil, divided
1 pound	ground beef
1	small to medium sized red onion
4	sprigs of fresh thyme
16	slider buns or rolls
	Salt & pepper to taste

### TOPPING RECOMMENDATIONS

Fresh tomato, red onion, butter lettuce, cheddar cheese & your favorite spreads

### INSTRUCTIONS

1. Finely dice mushrooms, onions and thyme or gently pulse in food processor.
2. In skillet, warm 1 tablespoon olive oil on medium-high heat and add mushrooms; sauté 5-7 minutes, or until golden brown. Remove from heat and cool 5 minutes.
3. Transfer cooled mushrooms to medium bowl. Add ground beef, salt, and pepper, mixing until combined. Make 16 slider patties. Add remaining tablespoon of olive oil to pan and cook slider patties on medium-high heat until desired doneness. Plate and add desired toppings to bun.

### YIELDS

16 mini sliders

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## **Blended Mushroom Chili Macaroni**

Why not take two amazing things and put them together? Chili and macaroni! It's the perfect combination of lean ground beef, savory mushrooms and elbow noodles.

Whipped up by [The Mushroom Council](#), this hearty bowl is sure to fill you up without the bloat.

## RECIPE #4

# Blended Mushroom Chili Macaroni

## INGREDIENTS

1/2 pound	mushrooms
1 pound	lean ground beef
1 package	chili seasoning
1 can	beef broth
1 can (15.5 oz)	kidney beans, rinsed
1 can	tomato paste
1 cup	medium salsa
2 cups	elbow macaroni, uncooked

## TOPPING RECOMMENDATIONS

Shredded cheese, sour cream & cilantro

## INSTRUCTIONS

1. Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
2. In a large saucepan, brown meat and mushrooms together with chili seasoning. Add broth, kidney beans, tomato paste, salsa and macaroni to saucepan; mix well.
3. Bring mixture to boil and cover. Continue to simmer on low for 15 minutes, stirring occasionally. Serve topped with cheese, sour cream and cilantro.

## YIELDS

Serves 8

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## **Mexican Mushroom Tacos**

Tacos can be a healthy dinner when loaded with nutritious veggies. Our Mexican Mushroom Tacos are exactly that: stuffed with hearty mushrooms, shredded cabbage and a twist of lime.

Because this recipe uses less meat and substitutes pork for beef, these tacos are lower in both sodium and fat. Yum!

## RECIPE #5

# Mexican Mushroom Tacos

## INGREDIENTS

8 oz	seasoned, finely diced mushrooms
16 oz	ground pork
12-14	corn tortilla taco shells
1 cup	finely shredded cabbage
1 tbsp	chopped cilantro
2	limes
1 tbsp	olive oil

## INSTRUCTIONS

1. Wash cabbage. Chop thin strips to shred. Chop cilantro. Cut lime into quarters.
2. Combine Let's Blend mushrooms and ground pork in a bowl. Mix well.
3. Heat a drizzle of olive oil in a large pan over medium heat. Add mushroom and meat mixture, stirring occasionally. Cook until browned and internal temperature reaches 165°F (about 6 minutes).
4. Assemble tacos by adding 2 tablespoons of mushroom and meat mixture, 1 tablespoon shredded cabbage and a sprinkle of cilantro.

## YIELDS

Serves 4-6

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## **Classic Blended Mushroom Hamburger**

You've heard of eating mushrooms ON your burger, but what about IN your burger? Blending mushrooms isn't only more nutritious than eating them on top (since you consume more of them!) but it's also a wonderful way to add savory flavor with each bite.

Plus, it means fewer calories and less sodium! Enjoy a juicy, hassle-free meal with this short ingredient list.

## RECIPE #6

# Classic Blended Mushroom Hamburger

### INGREDIENTS

- 8 oz seasoned mushrooms, finely diced
- 16 oz ground beef
- 4-6 hamburger buns
- 1 tbsp olive oil (if pan frying)

### TOPPING RECOMMENDATIONS

Lettuce, tomato, onion, mayonnaise, ketchup, mustard & pickles

### INSTRUCTIONS

1. Wash produce to be used for burger toppings. Optional: Slice tomato. Separate lettuce into separate leaves. Slice onion.
2. Combine Let's Blend mushrooms and ground beef in a bowl. Mix well. Form into 4-6 patties.
3. Cook on stove top with a grill pan or skillet, or place on a barbecue grill. Cook until internal temperature reaches 165°F.
4. Assemble burgers by adding burger patty to warmed buns with selected condiments and toppings.

### YIELDS

Serves 4-6 burgers

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# Italian Spaghetti with Mushrooms

Soft noodles, thick red sauce and hearty meatballs. Spaghetti's always a hit! The ground turkey makes for a leaner meal than beef, and the medley of garlic and onions gives your pasta a flavorful pop.

Top it with some freshly shredded Parmesan and prepare to step into Italian-cuisine heaven.



## RECIPE #7

# Italian Spaghetti with Mushrooms

## INGREDIENTS

8 oz	seasoned mushrooms, finely diced
16 oz	ground turkey
2 cans (26 oz)	crushed tomatoes
2	yellow onions
8	cloves garlic
12 oz	spaghetti
2 tbsp	soy sauce
1/2 cup	shredded Parmesan cheese
2 tsp	olive oil

## INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Halve, peel, and dice onion. Mince garlic. Cook spaghetti according to package directions.
2. While noodles are cooking, combine Let's Blend mushrooms and ground turkey in a bowl. Mix well.
3. Heat a drizzle of olive oil in a large pan over medium heat. Lightly sauté onions and garlic until softened, about 5 minutes. Add soy sauce. Cook until fragrant, about 30 seconds. Add mushroom and meat mixture, stirring occasionally. Cook until browned and internal temperature reaches 165°F (about 6 minutes).
4. Add tomatoes. Bring to a boil, then simmer on low for 5 minutes. If you have time, simmer longer to meld the flavors even more.
5. Add spaghetti to blended meat sauce and toss to coat. Serve with Parmesan cheese and enjoy!

## YIELDS

Serves 4-6

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For this particular recipe, our **Italian Blend** would be the best mix, with a creative pairing of mushrooms, rosemary, oregano, basil, marjoram, and thyme to add full flavor.



## Chili & Mushroom Loaded Baked Potatoes

Take the traditional baked potato and spice it up with scrumptious, earthy baby bella mushrooms, lean ground beef and a smattering of veggies and beans.

These Mexican-style baked potatoes are sure to have your mouth watering and stomach growling as soon as they're out of the oven. You can thank [Mushrooms Canada](#) for this irresistible recipe!



## RECIPE #8

# Chili & Mushroom Loaded Baked Potatoes

## INGREDIENTS

6	large russet potatoes
8 oz	fresh cremini (AKA baby bella) mushrooms
1	small onion, finely chopped
1/2 pound	lean ground beef
2 cloves	garlic, minced
1 package	Tex-Mex seasoning
2 tbsp	adobo peppers in chipotle sauce, puréed
1 can	diced tomatoes
1/2 cup	black beans, rinsed & drained
1 cup	frozen whole-kernel corn, thawed
1 cup	shredded cheddar cheese
1/4 cup	fresh chopped cilantro

## SUGGESTED CONDIMENTS

Salsa, sour cream and guacamole

## INSTRUCTIONS

1. Preheat oven to 400°F.
2. Pierce potatoes several times with a fork and place on a baking tray. Bake for 45-60 minutes, or until softened all the way through.
3. While potatoes bake, place mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
4. In a large saucepan, brown mushrooms, onion and beef, approximately 10 minutes. Add garlic, Tex-Mex seasoning, adobo peppers and tomatoes. Simmer 15-20 minutes allowing flavors to combine and sauce to thicken.
5. Split baked potatoes lengthwise and spoon in meat mixture. Top with black beans, corn, cheddar cheese and chopped cilantro. Serve with a side of salsa, sour cream and guacamole.

## YIELDS

Serves 4-6



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## Sausage & Mushroom Stuffing

This stuffing recipe takes a unique twist on traditional filling. With savory portabella and shiitake mushrooms, rich Italian sausage and even raisins, your baking dish will be packed with flavor.

Best of all? Filling freezes well. Make a big batch and save the rest for later! Thank you to the [Blendetarian](#) for this mouthwatering recipe!



## RECIPE #9

# Sausage & Mushroom Stuffing

## INGREDIENTS

2 tbsp	unsalted butter
1	portabella mushroom cap
1	large (or 2-3 small) shiitake cap
3	shallots, diced
2	celery stalks, diced
1	medium carrot, diced
1/2 pound	ground mild Italian sausage
1/2 cup	raisins
4 cups	cubed sourdough bread
2 1/4 cups	low sodium chicken stock
2 tbsp	thyme leaves, chopped
1 tbsp	fresh flat-leaf parsley, chopped
	Salt & black pepper

## INSTRUCTIONS

1. Preheat broiler to high. Place bread on a baking sheet and broil 3-4 minutes or until bread is golden. Set aside.
2. Preheat the oven to 375°F. Spray a 9×13 inch baking dish with cooking spray.
3. Pulse mushroom caps in food processor until they resemble the ground Italian sausage.
4. Melt butter in a large skillet over medium-high heat. Add the mushrooms, celery, carrot and shallots. Cook 3-4 minutes or until vegetables are softened.
5. Add the sausage and cook until brown. Add raisins and cook for 1 minute. Add 1/4 cup stock and scrape any brown bits from bottom of skillet.
6. Transfer the sausage mixture to a large bowl. Add the chicken stock, thyme and bread. Season to taste with salt and pepper and toss to combine.
7. Pour the stuffing into the prepared baking dish and bake for 20 minutes. Garnish with parsley before serving.

## YIELDS

Serves 4-6



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Enhance this recipe with our **Italian Blend** for a creative pairing of mushrooms, rosemary, oregano, basil, marjoram, and thyme.



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# Shepherd's Pie

There's nothing quite like a shepherd's pie on a cold night. Loaded with potatoes, vegetables and lean ground turkey, this recipe skips the high-calorie pie crust and makes up for the flavor with Worcestershire sauce, sharp garlic and a few dollops of creamy butter.

Let's not miss the generous dose of mushrooms, which helps make [This Mama Cooks!](#) recipe perfect for those watching their cholesterol!



## RECIPE #10

# Shepherd's Pie

### INGREDIENTS

2 pounds	russet potatoes, washed & peeled
2 1/2 cups	gluten-free vegetable stock, divided
3 tbsp	butter & extra for topping
1 pound	lean ground turkey
3	three-oz portabella caps
1 tbsp	olive oil
1/2 cup	diced onions
3 tbsp	rice or corn starch
2 twelve-oz bags	frozen peas & carrots, defrosted
2 cloves	garlic, minced
2 tbsp	Worcestershire sauce
2 tbsp	steak sauce
1/2 tsp	salt
1/4 tsp	pepper

### INSTRUCTIONS

1. Cut potatoes into large chunks. Place into a large pot and cover with water. Bring to a boil. Cook until tender. Drain and mash potatoes with 1/2 cup vegetable stock and 3 tablespoons butter. Cover and set aside.
2. Preheat oven to 350°F. In a large bowl, thoroughly combine chopped mushroom and ground turkey. Set aside.
3. Heat a large skillet over medium-high heat. Add olive oil and diced onion. Cook 3 minutes. Add mushroom and turkey blend. Cook until completely browned then remove from stove top and set aside.
4. In a small bowl, whisk 3 tablespoons rice or corn starch with 3 tablespoons of vegetable stock until blended.
5. In a skillet on medium-high heat add stock, peas and carrots, minced garlic, Worcestershire sauce, steak sauce, salt, and pepper. Add starch and stock mixture to thicken.
6. Add browned mushroom-meat blend and onion mixture to the pan. Simmer until thickened. Remove from heat.
7. Pour vegetable and meat mixture into a baking dish. Carefully spoon mashed potato over mixture.
8. Place small chunks of butter or spread on the mashed potatoes. Then place baking dish on a baking sheet in case of any spillover.
9. Bake 30 minutes until mashed potatoes are golden. Remove shepherd's pie from oven and let sit for 5 to 10 minutes before slicing and serving.

### YIELDS

Serves 8



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## Rice Noodle Bowl with Blended Meatballs

This noodle bowl is slurp-worthy, with soft rice noodles, a medley of vegetables (including baby bella mushrooms!), pork meatballs and a pinch of chili zest. Garnished with shallots and lime, the flavors in this bowl change with every mouthful.

This [Blenditarian dish](#) is courtesy of Laura Rege, former senior member of the editorial teams at both Food & Wine and Martha Stewart Living.

## RECIPE #11

# Rice Noodle Bowl with Blended Meatballs

### INGREDIENTS

2 tbsp	extra virgin olive oil
10 oz	cremini (AKA baby bella) mushrooms, finely chopped in a food processor
8 oz	ground pork
1/2	small shallot, finely chopped (2 tbsp)
2 cloves	garlic, finely chopped
2 tbsp & 1/2 tsp	honey
	Kosher salt & freshly ground pepper
2 tbsp	fresh lime juice
2 tbsp	fish sauce
1	Fresno chili, chopped, or one large pinch of chili flakes
4 oz	vermicelli rice noodles

### INSTRUCTIONS

1. Heat 1 tablespoon oil in a large skillet over medium-high. Add the mushrooms and cook, stirring occasionally, until lightly golden. Scrape into medium bowl. Let cool slightly.
2. Combine cooked mushrooms with pork, shallot, half of the garlic, and 1/2 teaspoon of the honey. Season with salt and pepper. Using damp hands, roll the mushroom mixture into 1-inch balls, about 12. Refrigerate 30 minutes, or cover and store overnight.
3. Heat remaining tablespoon of oil in a large skillet over medium-high and add the meatballs; cook, turning frequently, until browned and cooked through, about 8 minutes.
4. Meanwhile, place the noodles in a medium heatproof bowl and cover with boiling water. Let sit until tender, about 6 to 8 minutes. Drain and rinse under cold water.
5. Stir lime juice with 2 tablespoons honey, remaining garlic, fish sauce, chili and 2 tablespoons water.
6. Divide the noodles and meatballs among 2 bowls and drizzle with dressing. Serve with the fresh vegetables and herbs, peanuts and shallots.

### YIELDS

Serves 2 bowls



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## Sloppy Joes

The ingredient list for these sloppy Joes might look long, but you'll only need 15 minutes to whip them all together! This quick and delicious recipe was inspired by [Mushrooms Canada](#). It's an excellently paired combination of lean beef and fresh button mushrooms, bringing the flavors of your childhood to life in a healthy dish.

## RECIPE #12

# Sloppy Joes

### INGREDIENTS

2 cups	coleslaw blend
1/4 cup	chopped green onion
1/4 cup	coleslaw dressing
8 oz	fresh button mushrooms
1	onion, chopped
3/4 pounds	lean ground beef
1 tbsp	canola oil
1/2 tsp	dried thyme leaves
1/2 tsp	dried oregano leaves
1/2 tsp	ground mustard
1/4 tsp	dried minced garlic
1/4 tsp	dried minced onion
3/4 tsp	salt
1/2 tsp	pepper
1 cup	tomato sauce
3 tbsp	brown sugar
2 tbsp	cider vinegar
2 tbsp	Worcestershire sauce
4	whole wheat hamburger buns

### INSTRUCTIONS

1. Toss the coleslaw with the green onion and dressing until well combined; set aside.
2. Place the mushrooms and onion in a food processor fitted with a metal blade. Pulse until finely chopped. Add the ground beef and pulse until well combined.
3. In a separate bowl, combine all seasonings, including thyme, oregano, ground mustard, minced garlic, dried minced onion, salt and pepper.
4. Heat the oil in a large nonstick skillet set over medium heat. Add the mushroom mixture and seasoning blend. Cook for 10 minutes or until browned and the liquid has evaporated.
5. Stir in the tomato sauce, brown sugar, vinegar and Worcestershire sauce. Simmer for 10 minutes or until thickened. Serve on buns topped with coleslaw.

### YIELDS

Serves 4



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For this particular recipe, our **Mexican Blend** would be the best mix, with notes of garlic, onion, orange peel, lime powder, paprika and more to give your sloppy Joe's a flavorful boost.





## **Mushroom Cheeseburger Quesadillas**

Grill up some warm, melty cheeseburger quesadillas— in minutes. Browned mushrooms, gooey cheddar and lean ground beef make these quesadillas amazing as is, never mind the optional, creamy dipping sauce. The dill pickles and relish add some unique tastes to your average quesadilla.

Thank you to [The Blendetarian](#) for this recipe, courtesy of [Mushrooms Canada](#).

## RECIPE #13

# Mushroom Cheeseburger Quesadillas

### INGREDIENTS

8 oz	fresh cremini (AKA baby bella) mushrooms
1	small onion, finely chopped
1/2 pound	lean ground beef
1 clove	garlic, minced
8	flour tortillas
2 cups	cheddar cheese
1/2	small red onion, sliced
2 small	Roma tomatoes, thinly sliced
1/4 cup	dill pickles, sliced
1 cup	shredded lettuce

### BURGER SAUCE

1/2 cup	mayonnaise
2 tbsp	ketchup
2 tbsp	yellow mustard
2 tbsp	relish
2 tbsp	onion, finely diced
1 tsp	white sugar

### INSTRUCTIONS

1. Place mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
2. In a large saucepan, brown mushrooms until moisture has been released, approximately 5-6 minutes. Add onion, beef and garlic, then continue to cook for 10 minutes or until ground beef is cooked through.
3. Meanwhile, combine all burger sauce ingredients in a bowl. Set aside.
4. Place one tortilla in the bottom of a dry grill pan. Sprinkle with cheese, red onion, tomatoes, and dill pickles. Spoon on one fourth of the meat mixture. Top with the second tortilla. Brown first side and then carefully flip quesadilla over using a spatula. Continue cooking until second side is lightly browned also.
5. Remove from skillet and cut into wedges. Serve topped with fresh shredded lettuce and burger sauce.

### YIELDS

Serves 4



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## Slow Cooker Chili

Reduce the amount of cooking time and the amount of added fat in one shot, with this slow cooker chili.

This mushroom-based recipe is loaded with vegetables and flavorful spices— and can be easily garnished with creamy or crunchy add-ons! [Mushrooms Canada](#) first shared this recipe, and we can't get enough. You won't either!

## RECIPE #14

# Slow Cooker Chili

### INGREDIENTS

8 oz	fresh cremini (AKA baby bella) mushrooms
1	onion, chopped
2 cloves	garlic, minced
1/2 pound	lean ground beef, crumbled
1	green pepper, finely chopped
1	red pepper, finely chopped
1 can	kidney beans, drained & rinsed
1 can	diced tomatoes
1 can	tomato paste
2 tbsp	chili powder
1/2 tsp	dried thyme leaves
1/2 tsp	dried oregano leaves
1/2 tsp	ground mustard
1/4 tsp	dried minced garlic
1/4 tsp	dried minced onion
1 tsp	ground cumin
1 tsp	salt

### TOPPING RECOMMENDATIONS

Garnish with cheddar cheese, sour cream, green onion & serve with tortilla chips or serve it up in bread bowls

### INSTRUCTIONS

1. Place the mushrooms, onion and garlic in a food processor fitted with a metal blade. Pulse until finely chopped. Combine the mushroom mixture, ground beef, green pepper, red pepper and beans in a slow cooker.
2. Stir the diced tomatoes with the tomato paste, chili powder, seasoning blend, cumin and salt until well combined. Pour the tomato mixture into the slow cooker. Cook on high for 5 hours or on low for 10 hours.

### YIELDS

Serves 6

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## Save time!

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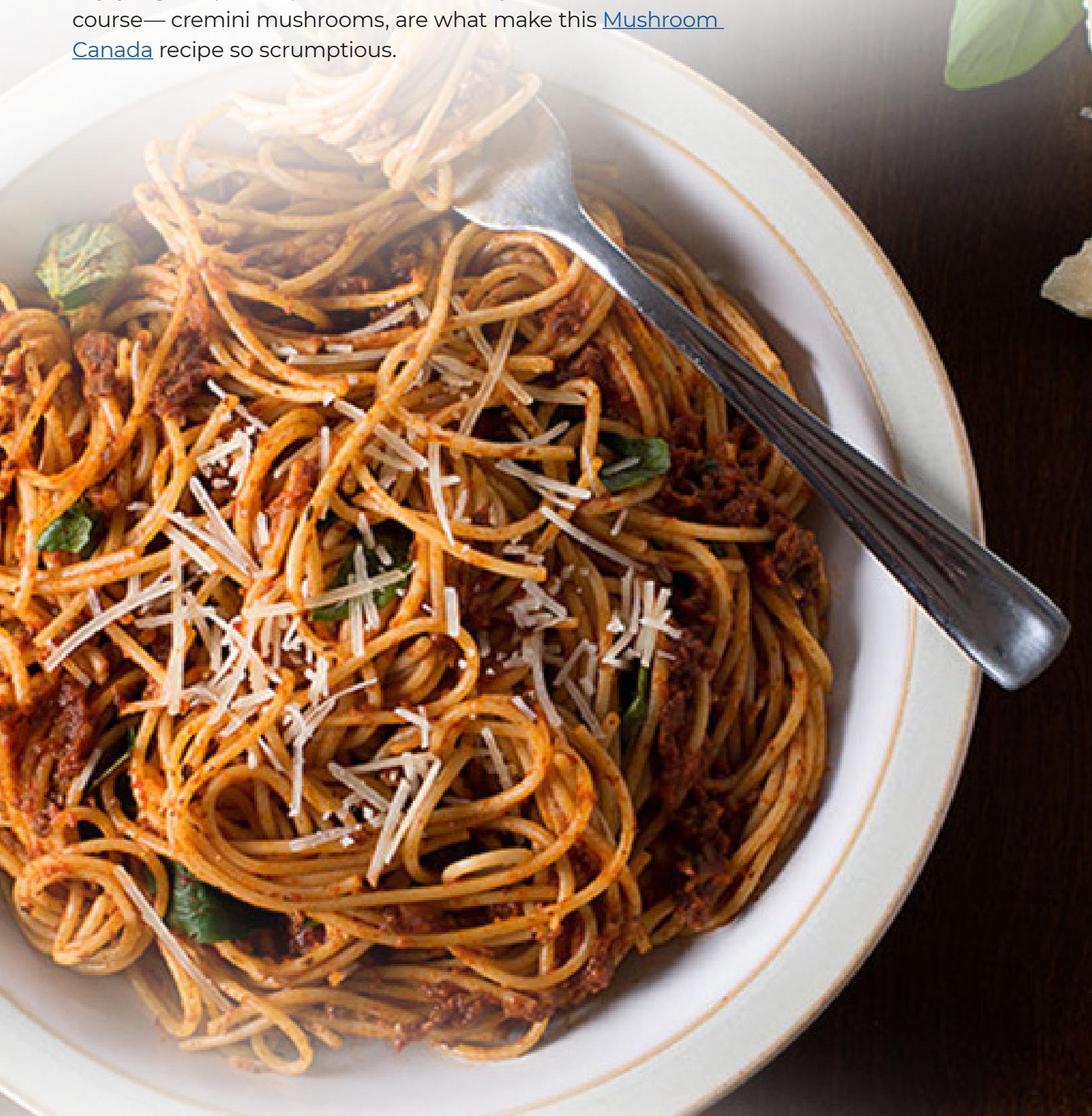
For this particular recipe, our **Mexican Blend** would be the best mix, with notes of garlic, onion, orange peel, lime powder, paprika and more to give your chili a flavorful boost.



# Spaghetti Bolognese

This spaghetti's Worcestershire-based sauce marinades and gets better the longer it sits in the fridge. Make a big batch and have delicious leftovers.

If you had to uncork a new bottle of red wine for the recipe, enjoy a glass (or two!) over dinner. The thyme, basil and—of course—cremini mushrooms, are what make this [Mushroom Canada](#) recipe so scrumptious.



## RECIPE #15

# Spaghetti Bolognese

### INGREDIENTS

12 oz	fresh cremini (baby bella) mushrooms, halved
1	onion, quartered
4 cloves	garlic
1 tbsp	olive oil
12 oz	lean ground beef
2 tbsp	Worcestershire sauce
1/2 tsp	dried thyme leaves
1/2 tsp	dried oregano leaves
1/2 tsp	ground mustard
1/4 tsp	dried minced garlic
1/4 tsp	dried minced onion
1 1/2 tsp	salt
1/2 cup	red wine
1 can	tomato paste
1 bottle	strained tomato purée
1 pound	spaghetti, cooked & drained
1/2 cup	fresh basil leaves
	Parmesan cheese

### INSTRUCTIONS

1. Place the mushrooms, onion and garlic in the bowl of a food processor fitted with a metal blade. Pulse until finely chopped.
2. Heat the oil in a Dutch oven or large saucepan set over medium heat. Crumble in the ground beef. Cook for 5 minutes or until browned. Add the mushroom mixture, Worcestershire sauce, seasoning blend and salt. Cook for 5 minutes or until tender.
3. Stir in the wine; simmer for 1 minute. Add the tomato paste. Cook, stirring constantly, for 5 minutes or until dark red. Stir in the strained tomato purée. Simmer for 45 minutes or until thickened.
4. Toss the spaghetti with the sauce and basil. Freeze any leftover sauce in a tight container for up to 1 month.

### YIELDS

Serves 6



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Print or Pin This Recipe 



# Hungry For More?

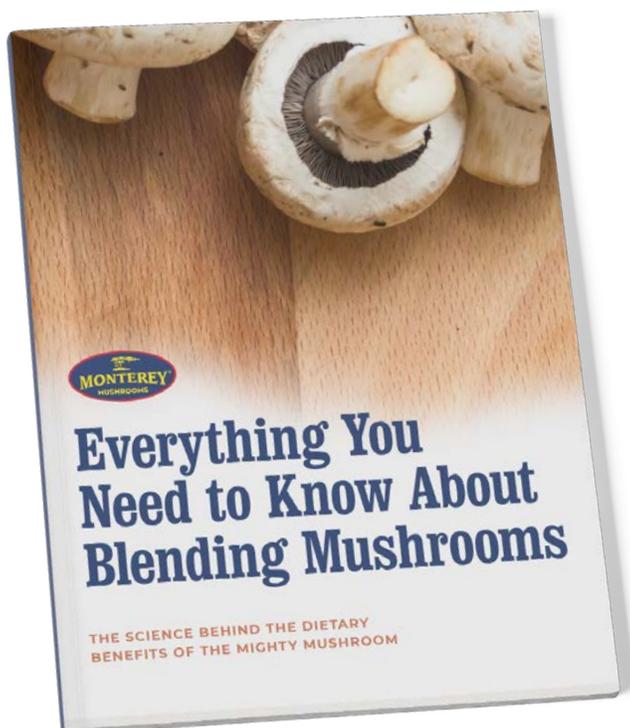
Throughout this cookbook, we've been telling you how blending mushrooms into your regular meat-based dishes not only helps to boost your meal's flavor and nutritiousness but that it also helps to reduce your calories, fat and cholesterol.

But what about the actual science behind these claims?

In our next ebook, *Everything You Need to Know About Blended Mushrooms*, we cover the story behind the blend, outlining exactly how regularly introducing mushrooms into your diet can drastically improve your health.

You'll learn about the various vitamins and antioxidants hiding in your shrooms, how to best prepare this superfood, and more!

Interested in discovering the power of mushrooms?



[Download Our Ebook, Today!](#)



# About Monterey Mushrooms

In 1971, Monterey Mushrooms® started as a single mushroom farm in Watsonville, California. The company has since expanded to 10 locations in the United States and Mexico and offers a variety of fresh and value-added mushroom products.

Today, driven by the leadership and vision of President and CEO, Shah Kazemi, and the executive team, Monterey Mushrooms is the largest grower of mushrooms in North America.

Monterey Mushrooms is known for popularizing the portabella, arguably the tastiest of all fungi. Other extraordinary innovations include the company's mushroom washing processes, and a proprietary "sunlight" system that naturally enriches mushrooms with high levels of vitamin D.

