

BLENDING PORTION METER

Let's Blend™!

It's easy. Just combine Let's Blend finely diced mushrooms with ground meat to enjoy reduced calorie versions of the recipes you love such as burgers, lasagna, meatloaf and meatballs, without sacrificing taste or texture.

Mushrooms are naturally low in sodium plus their umami counterbalances saltiness so less salt can be used in a dish without compromising flavor. Meaty mushrooms are low in calories, fat-free and can be a delicious substitute for higher-calorie ingredients.



100%
MUSHROOMS

All mushrooms create a rich and hearty dish. Try replacing meat in your favorites like spaghetti, lasagna, pot pies and casseroles.



70%
MUSHROOMS

A 70/30 mushroom-meat blend provides the perfect base for hearty one-pot meals like chili and soup.



40%
MUSHROOMS

A 40/60 mushroom-meat blend works great for ground meat dishes like tacos, burritos and sloppy joes.



30%
MUSHROOMS

A 30/70 mushroom-meat blend is the perfect consistency for burgers, meatloaf and meatballs.



Monterey Mushrooms, Inc. | 800-333-MUSH | www.montereymushrooms.com

Contact your Acosta Sales Representative or
Tom McMunn at 636-375-1031

