

Lauren Haas

WILD ORGANIC WELLNESS

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Juicy Cheese Burgers on Portobello Mushroom “Buns”

Prep time: 25 to 30 minutes

Cooking time: 25 to 30 minutes

Yield: 4 burgers

Ingredients:

Caramelized Onions:

1 tablespoon organic extra-virgin coconut oil
1 large red onion, thinly sliced
2 garlic cloves, minced
½ cup organic chicken broth
2 tablespoons balsamic vinegar

Portobello “Buns”:

8 large Portobello mushroom caps
1½ tablespoons organic, extra-virgin coconut oil
2 garlic cloves, crushed to a puree through a garlic press or with a mortar and pestle
Salt
Freshly ground black pepper

Burgers:

1 pound organic ground bison, beef, turkey, or lamb
1 tablespoon Dijon mustard
1 to 2 teaspoons salt
1 teaspoon freshly ground black pepper
½ cup almond cheese cubes, cut to a size of about ¼ inch

Organic Fixings:

Dijon mustard
unsweetened ketchup
fresh tomato salsa
sliced avocado
guacamole
hummus
leafy greens, such as arugula, red-leaf lettuce, or butter lettuce
sliced tomato
fried organic egg

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Directions:

Preheat a grill or broiler to high heat.

For the caramelized onions, heat a sauté pan over medium heat. Add the oil and, as soon as it is hot enough to swirl easily in the pan, add the onion and garlic, then stir in the chicken broth and balsamic vinegar. Cover and cook, stirring occasionally, for 15 minutes. Remove the lid and continue cooking, stirring occasionally, until all the liquid has evaporated, 5 to 10 minutes longer. Set aside.

To prepare the Portobello buns, rub the caps on both sides with coconut oil, then with the pureed garlic. Season lightly but evenly on both sides with salt and pepper. Set aside.

In a bowl, with clean hands, thoroughly combine all of the burger ingredients, including the caramelized onions. Form the mixture into 4 burger patties about the same diameter as the mushroom caps and about 1 inch thick.

Place the burgers on the grill or under the broiler and cook for 4 to 6 minutes per side, depending on how you prefer your burger to be cooked.

At the same time, cook the mushroom caps on the grill or under the broiler until heated through, tender, and nicely browned, 4 to 5 minutes per side.

Remove the burgers and mushroom caps from the grill. Place each burger patty between two mushroom caps and serve, letting each person garnish with any of the organic fixings listed. (Vegetarians can simply pile their choices of fixings between two mushroom caps.)

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