



Grilled Broccoli & Mushroom Burgers

Ingredients

- 2 cups Gold Coast Broccoli Bits
- 2 cups Black Beans (rinsed and divided)
- 1 cup Portabella Mushrooms, cubed
- 1/2 cup Red Onion, chopped
- 3 Large Eggs Beaten
- 1 TBSP Steak Seasoning
- 1 TBSP Worcestershire Sauce
- 2 TBSP Minced Garlic
- 1 Cup Fresh Grated Parmesan Cheese
- 1½ cup Breadcrumbs

Directions

1. Add 2 cups of black beans to a large bowl and mash up lightly.
2. Add in Gold Coast Broccoli Bits, mushrooms, garlic, onion, Worcestershire sauce, and steak seasoning. Mix until combined.
3. Gently mix in eggs, cheese and breadcrumbs.
4. With damp hands, form into patties.
5. Place on grill and cook 7-10 minutes on each side or until golden brown on each side. (Carefully flipping to not break patty)
6. Enjoy!

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