



Symmetry

Chiropractic
A different approach

The Community Resource Center For Optimal Health And Healing

BEEF WELLINGTON BURGER

- 1 1/3 Lb lean ground beef (preferably grass fed or organic)
- 1 package button mushrooms (about 10 large or 15 medium- chopped)
- 5 cloves garlic (crushed with side of knife)
- small handful fresh herbs (basil, thyme, oregano, parsley)
- 3 green onions (roughly chopped)
- 1/2 teaspoon red pepper flakes
- 1 tbsp nutritional yeast
- 1 tsp soy sauce
- 1 tsp dijon mustard
- 1 tsp apple cider vinegar
- sea salt and black pepper
- 2 tsp pink peppercorns (slightly crushed with fingers) (optional)



Heat medium sized sauté pan over medium high heat with a tablespoon of olive or grape seed oil, add mushrooms and cook until liquid evaporates and they begin to brown (about 8 minutes). Add garlic, pepper flakes and herbs and continue to sauté for an additional 2 minutes. Add mustard, soy, vinegar, a tbsp of water and green onions to the pan and cook, stirring and scraping the bottom of the pan for about a minute until most of liquids are gone.

Transfer mix to a food processor and puree until almost all the way smooth. Remove from bowl add nutritional yeast and season with sea salt and black pepper to taste. Add pink peppercorns. Let cool. Divide meat into 6 portions 3 slightly bigger than the rest. Flatten bigger and smaller portions into rounds, making a slight indentation in the center of the bigger. Divide cooled mushroom mixture onto larger portions of beef and spread out leaving a 1/4" border. Cover with smaller flattened portion of burger and gently push edges of beef together sealing the mushroom inside.

I like to cook my burgers seasoned with sea salt and pepper of course in a **very** hot cast iron pan, but you can cook them however you like, bbq grill, under broiler, in a regular pan etc. Since they aren't beef all the way through they take a little less cooking time than a regular burger. In my pan, about 2 1/2 to 3 minutes per side.

The burgers can be served with anything you like. In the picture the sauce is Walden Farms BBQ mixed with Pepper Plant chunky garlic hot sauce, sliced pickles and red onion. It would also be good with additional sautéed mushrooms on top, Walden Farms ketchup mixed with some vinegar and a pinch of salt, on a lettuce "bun", or any other way you enjoy your burger. **ENJOY!**

.....

SYMMETRY CHIROPRACTIC
2329A EAGLE AVE
ALAMEDA, CA 92501

WWW.SYMMETRYCHIROPRACTIC.COM