



Bella Burgers

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Portobello mushrooms are a refreshing change from meat or grain burgers. Marinating the portobellos gives them a smooth flavor and makes you feel like you are having a satisfying sandwich. Treat this like any other burger and serve with your favorite condiments such as lettuce, tomatoes, mustard, ketchup and burger buns (gluten-free if you're sensitive).

3 servings

Prep Time: 15 minutes plus 1 hour refrigeration

Cook Time: 10 minutes

Ingredients

- 3 large portobello mushrooms
- 6 garlic cloves, peeled
- 2 tablespoons balsamic vinegar
- 1/4 cup extra virgin olive oil
- 1/8 teaspoon freshly ground black pepper
- 1/2 cup red onion, thinly sliced



Photo: Lori Eanes Photography

Instructions

In a medium bowl, add garlic, balsamic vinegar, and pepper. Marinate the mushrooms in this mixture for at least 1 hour.

In a saucepan, add the red onions and olive oil and sauté for 2 minutes. Add portobello mushrooms and cook until soft, about 5-8 minutes.

Serve with whatever garnishes you prefer.

Tips

Other delicious burger toppings pair well with this burger like avocado, vegetarian chili, roasted bell peppers, pickles, etc..