



Total Time  
**75 MIN.**


Serving & Size  
**1 EACH (4 OZ BURGER)**

Difficulty  
**MEDIUM**

Yields  
**24**

Mushroom soup blends perfectly with sauteed mushrooms and vegetables along with brown rice and shaped and baked for a rich, elegant but easy veggie burger.

<b>Nutrition Facts</b>	
Serving Size	1 EACH (4 OZ BURGER)
<b>Amount Per Serving</b>	
<b>Calories</b> 219	
	<b>% Daily Value</b>
<b>Total Fat</b> 5.3g	<b>8%</b>
<b>Saturated Fat</b> 0.8g	<b>4%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 671mg	<b>28%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
<b>Dietary Fiber</b> 4.8g	<b>19%</b>
<b>Protein</b> 7.3g	<b>15%</b>
Vitamin A 9%	Vitamin C 7%
Calcium 6%	Iron 11%

<b>INGREDIENTS</b>	<b>WEIGHT</b>	<b>MEASURE</b>
vegetable oil		2 tbsp.
Vidalia onion, chopped	1 lb.	1 qt.
garlic, peeled, minced		1/4 cups
carrot, shredded	12 oz.	2 cups
mushrooms, chopped	2 lb.	3 qt.
celery salt		1 tbsp.
ground sage		1/2 tsp.
black pepper		1 tsp.
cholesterol-free egg substitute	6 oz.	3/4 cups
 <b>Campbell's® Condensed Cream of Mushroom Soup</b>		3 cups
roasted red bell pepper, finely diced	4 oz.	1/2 cups
Worcestershire sauce		1/4 cups
fresh parsley, minced		1/4 cups
brown rice, cooked, finely chopped	2 lb.	3 cups
bread crumbs, fresh, plain	9 oz.	3 cups
vegetable cooking spray		
whole grain hamburger roll, split		24 ea.



### INSTRUCTIONS

1. In large skillet, heat oil over medium-high heat; add onion and sauté 6-7 minutes or until caramelized slightly. Stir in garlic and continue cooking 2 minutes.
2. Add carrots and continue cooking, stirring often, 5 minutes.
3. Stir in mushrooms and cook, stirring often, until dry, about 8-10 minutes. Mix in seasonings and cook 1 minute. Remove from heat and cool to room temperature. Cover and chill completely before continuing. CCP: Refrigerate below 40°F.
4. In large bowl mix onion-mushroom mixture and egg well.
5. Stir in **Soup**, pimiento, Worcestershire sauce and parsley to mushroom mixture and mix well.
6. Stir in rice and crumbs and mix well. Cover and refrigerate. CCP: Refrigerate below 40°F. at least 4 hours before using as directed.
7. Portion, using a #8 scoop (1/2-cup/4-oz.), shape into 24 4-in. x 1/2-in. patties.
8. Grill patties on an oiled grill top over a medium-high fire or heat, about 5-6 minutes per side. Remove from grill or oven and place on a sheetpan sprayed with non-stick spray and bake in a 350°F. conventional or 300°F. convection oven for 15-20 minutes. \*\*CCP: Cook to an internal temperature of 140°F. or higher for 15 seconds. \*\* Or scoop mushroom burger batter onto an oiled sheetpan and roast in a 400°F convection oven for 35-40 minutes, flipping half-way through the cooking time until browned and crisp.
9. For each portion, serve one burger between one split hamburger roll.