

HIDDEN VEGGIE BURGERS



SERVING SIZE

4



INGREDIENTS

ITEM

Ground Beef (Lean Preferred)
Mushrooms, Finely Chopped
Red Bell Pepper, Finely Chopped
Zucchini, Finely Chopped
Garlic Clove, Minced

QUANTITY

1 Lb.
1 Cup
½ Cup
½ Cup
1

ITEM

Soy Sauce
Egg, Lightly Beaten

QUANTITY

1 Tbsp.
1



PREPARATION

- Pat dry the finely chopped mushrooms, red pepper, and zucchini with paper towels to reduce moisture.
- In a large bowl, combine ground beef, chopped vegetables, garlic, soy sauce, and beaten egg. Mix until evenly incorporated — avoid overmixing.
- Divide the mixture into 4 equal portions and shape into patties.
- Heat a grill, skillet, or grill pan over medium heat. Cook patties for 4-5 minutes per side or until cooked through (internal temp: 160°F / 71°C).
- Serve on lettuce wraps, low-carb buns, or alongside roasted vegetables and enjoy!