

Shiitake Hamburgers

Ingredients:

- 2 pounds natural ground beef
- 10 chopped fresh shiitake mushrooms
- ¼ cup tamari (or soy sauce or liquid aminos)
- 2 diced whole garlic cloves
- 1 whole shallot, diced
- 1 tablespoon sesame oil
- 2 teaspoons salt
- 1 tablespoon pepper

Mix all ingredients and form into patties. Grill burger to your liking. Place on onion hamburger buns with mayonnaise, avocado, fried onions, and lettuce.

Makes 5 hamburgers