

AMAZING VEAL MUSHROOM BURGERS

Total preparation time: About 20 minutes (Makes 6 servings)

Ingredients:

1 tbsp. Olive oil
1¼ cup White mushroom caps, finely chopped
1 Large clove garlic, minced
2 lbs. Ground veal
2 tbsp. Flat-leaf parsley, chopped
To taste Vegetable oil cooking spray
To taste Salt and freshly ground black pepper

Instructions:

1. Heat the olive oil in a skillet over medium-high heat. Add the mushrooms and cook, stirring for about 1 minute, or until they begin to soften. Add garlic, salt, and pepper and cook for 2 to 3 minutes, or until the mushrooms soften. Set aside to cool.
2. Combine the veal, parsley, cooled mushroom mixture, salt and pepper in a large bowl. Using your hands, mix well. Form into 6 patties. Refrigerate until ready to grill.
3. Prepare a charcoal or gas grill. Lightly spray the grill rack with vegetable oil cooking spray. The coals should be modestly hot.
4. Grill the burgers for about 8 minutes. Turn and grill for about 6 minutes longer for medium-well burgers.