



### **OMG Burge**

(For Three Hamburgers)

- 3 Large Portabella Mushrooms
- 3 Slices of a Large Tomato
- 3 Slices of a Large White Onion
- 3 Sesame Seed Large Hamburger Buns
- 1 lb. Eagle Catcher Grassfed Ground Beef

Olive Oil (extra virgin), Lemon Pepper, Low-fat Mayonnaise, Mustard

For this “killer-burger”, you will need to buy the large hamburger-sized portabella mushrooms available in packages of 2. You will also need a comparable sized (diameter equal), tomato & white onion & the large-size sesame seed hamburger buns.

First, rinse the mushroom with cold water. Then, with a sharp, large knife slice the mushroom horizontally in half (2 more or less equal pieces about hamburger patty size)- brush each piece with olive oil and season (both sides) with lemon pepper.

Next, cut thick, similar sized slices of the white onion (at least ¼” to 3/8” thick). Brush with olive oil and season with lemon pepper\* as well.

Brush each half bun with olive oil and season lightly on the upside of the top bun.  
Cut similar sized slices of the tomato and save for final assembly.

Prepare 1/3 lb. grassfed beef patties as described else where. ( see Eagle Catcher Grassfed Hamburger recipe)

Over hot mesquite coals, grill the patties, onion and mushroom slices and toast the hamburger buns – this can be done all together, with the buns farther from the coals, in less than 10 minutes, with the meat and buns 2-3 minutes on each side, the onions 3-4 minutes and the mushrooms 4-5 minutes each side. This will test your skill, but the trick is to “caramelize” the onion and turning it

intact, and getting the mushroom halves done without burning. Obviously, times may vary depending on the heat and proximity of the coals.

It's nice if you can set up so you can put mayonnaise on your lower bun half and have it ready to receive the meat patty, then the onion patty, then the mushroom.

Then, all you have to do is add the tomato slice, dress the top bun with mayo and mustard and you're ready for the, "Oh My God", burger. Talk about HEALTHY!!!! OBVIOUSLY, YOU MAY WANT TO MAKE JUST ONE OR TWO AT A TIME. ENJOY!!!