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# Mushroom Lovers CLUB

## BLENDING MEATBALLS

Umami-rich mushrooms are blended with ground beef and seasoned to create the perfect Italian-style meatball. Serve with marinara and spaghetti or toss with a Teriyaki sauce and serve as an appetizer.

**Prep Time: 10 mins. | Cook Time: 30 mins.**

### INGREDIENTS

- ½ lb. mushrooms, finely chopped
- 1 lb. lean ground beef
- 1 tsp Italian seasoning
- 1 small onion, finely diced
- 1 clove minced garlic
- ½ cup breadcrumbs
- 1 egg

### METHOD

1. Preheat oven to 400°F. Line baking tray with foil and spray with cooking spray.
2. Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
3. In a skillet over medium heat cook chopped mushrooms until brown and most moisture has been released, about 3-5 minutes. Set aside to let cool.
4. In a large bowl combine cooled mushrooms, beef, seasoning, onion, garlic breadcrumbs and egg; mix all ingredients until incorporated. Shape mixture into 1½ inch meatballs. Place 1 inch apart on pan.
5. Bake 20-25 minutes or until meatballs reach 160°F, are cooked through and center is no longer pink.

Makes 20 Meatballs

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