Mushroom Stuffed Pork Burgers

Ingredients

2 tsp / 10 mL canola oil
¾ cup / 175 mL thinly sliced white mushrooms
¼ cup / 50 mL thinly sliced green onions
1 large garlic clove, minced
1 lb / 0.5 kg lean ground pork
1 tsp / 5 mL Dijon mustard
1 tsp / 5 mL Worcestershire sauce
¼ tsp / 1 mL EACH salt and ground black pepper
4 hamburger buns, sliced
Topping suggestions: Lettuce or spinach leaves, onion, tomato, cooked bacon, Swiss cheese slices and your favourite condiments

Directions

1. In small pan, heat oil over medium-high heat. Sauté mushrooms, green onions and garlic until tender, about 2 minutes; set aside.
2. In large bowl, gently combine ground pork with mustard, Worcestershire sauce, salt and pepper; do not overmix.
3. Form mixture into 8 thin patties, about 4 inches in diameter.
4. Divide mushroom mixture among 4 patties; spread to within ½-inch of edge. Top with remaining patties and seal edges.
5. Preheat barbecue on high; reduce heat to medium. Grill patties 6-8 minutes per side or until instant-read thermometer registers 160°F.
6. Serve patties in buns along with your favourite toppings and condiments.

*For better burgers, use gentle hands to mix and form patties that are consistent in size so that they all cook at about the same rate. Make a thumbprint indent in the centre of each patty to help prevent ‘patty puffing’ while grilling.

Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 20
- **Number of Servings:** 4