



Giorgio®

America's Favorite Mushroom

THE TREND TO BLEND

8 DELICIOUS MEAT-AND-MUSHROOM RECIPES



LAMB & MUSHROOM BLENDED MEATBALLS

with Spiced Cucumber Yogurt Dipping Sauce

WHAT YOU NEED

12 oz ground lamb
4 oz white button mushrooms, finely chopped
¼ cup cooked long grain rice, cooled
¼ cup pine nuts
¼ cup chopped yellow onion
2 garlic cloves, chopped
1 Tbsp chopped fresh mint
1 Tbsp chopped fresh parsley
1 Tbsp fresh lemon juice
1 tsp fine ground sea salt
¼ tsp ground black pepper

Cucumber Yogurt Dipping Sauce

½ cup plain whole milk Greek yogurt
1 small Persian cucumber, chopped
(about 5 inches long)
1 Tbsp chopped yellow onion
¼ tsp fine ground sea salt
¼ tsp cumin
¼ tsp coriander
Pinch ground cinnamon

WHAT YOU DO

To make the meatballs, preheat the oven to 400°F.

Cover a rimmed baking sheet with parchment paper. Add the lamb, mushrooms, and rice to a large bowl. Use clean or gloved hands to mix well. Place the pine nuts, onion, garlic, mint, parsley, and lemon juice in a small food processor or single serve blender cup. Puree until all ingredients are finally chopped. Transfer the blenders contents into the bowl with the meat and mushrooms. Add the salt and pepper. Stir all ingredients well to combine. Form into golfball-size balls to make 14 meatballs. Place on the prepared baking sheet. Bake for 20 mins, or until cooked through and no longer pink in the center.

While the meatballs bake, make the dipping sauce. Place all sauce ingredients in a small food processor or single serve blender. Puree until smooth and the vegetables are very finely chopped. Pour into a small bowl and serve alongside the meatballs for dipping or drizzling.

TOTAL
TIME:
40 MINS



FINELY CHOPPED
MUSHROOMS LOOK, ACT, TASTE
AND PERFORM LIKE GROUND MEAT.
BLENDED TOGETHER WITH MEAT
THIS COMBINATION ADDS TASTE
AND HEALTH BENEFITS
TO POPULAR FOODS.

SLOPPY JOES

WHAT YOU NEED

2 cups coleslaw blend
¼ cup chopped green onion
¼ cup coleslaw dressing
8 ounces fresh button mushrooms
1 onion, chopped
¾ pound lean ground beef
1 Tbsp canola oil
½ tsp dried thyme leaves
½ tsp dried oregano leaves
½ tsp ground mustard

¼ tsp dried minced garlic
¼ tsp dried minced onion
¾ tsp salt
½ tsp pepper
1 cup tomato sauce
3 Tbsps brown sugar
2 Tbsps cider vinegar
2 Tbsps Worcestershire sauce
4 whole-wheat hamburger rolls

WHAT YOU DO

Toss the coleslaw with the green onion and dressing until well combined; set aside. Place the mushrooms and onion in a food processor fitted with a metal blade. Pulse until finely chopped. Add the ground beef and pulse until well combined.

Heat the oil in a large nonstick skillet set over medium heat. Add the mushroom mixture and seasoning blend. Cook for 10 mins or until browned and the liquid has evaporated. Stir in the tomato sauce, brown sugar, vinegar and Worcestershire sauce. Simmer for 10 mins or until thickened. Serve on rolls topped with coleslaw.

TOTAL
TIME:
35 MINS



BLENDED SAUSAGE & MUSHROOM FRITTATA

with Potatoes and Goat Cheese

WHAT YOU NEED

8 eggs
Salt and pepper to taste
1 package Side Delights Steamables Red Potatoes, cooked according to package instructions and cooled
8 ounces white button mushrooms, finely chopped
2 Tbsps olive oil
8 ounces breakfast sausage
1 medium red bell pepper, diced
4 ounces soft goat cheese, crumbled
8 to 12 fresh basil leaves

WHAT YOU DO

Preheat oven to 350°F. In a bowl, whisk together eggs until smooth. Season with salt and pepper and set aside. Use potato masher to smash potatoes into bite sized pieces and set aside.

In a large mixing bowl, add mushrooms and sausage, mix until combined.* In a large, non-stick, oven-safe skillet over medium heat, warm the olive oil. Add the mushroom sausage mixture and cook, stirring frequently, until the sausage is browned and cooked through, about 5 mins. Add the smashed potatoes and peppers and cook for an additional 3 mins. Distribute goat cheese evenly across the ingredients. Sprinkle with basil leaves. Pour the egg mixture over the ingredients and bake until eggs are set and golden, about 15 mins.

Remove from the oven and allow to cool slightly. Run a rubber spatula between the frittata and pan to loosen the eggs and slide the whole frittata onto a cutting board. Cut into wedges.

**Tip: For a stronger umami flavor, roast or sauté finely chopped mushrooms prior to mixing with sausage.*



TOTAL
TIME:
35 MINS



MUSHROOMS AND BEEF
ARE THE ONLY FOODS
THAT ARE HIGH IN MORE
THAN ONE SOURCE OF
MEATY, SAVORY UMAMI
THE FIFTH FLAVOR

TOTAL
TIME:
45 MINS

INDIVIDUAL BLENDED CHICKEN POT PIE

WHAT YOU NEED

½ pound mushrooms, finely chopped	1 cup chicken broth
½ pound lean ground chicken	½ cup cream or milk
½ tsp garlic & herb seasoning	1½ cup frozen peas, carrot, corn blend
1 medium onion, finely diced	¼ tsp salt
2 Tbsp butter	frozen puff pastry, thawed
1 Tbsp flour	

WHAT YOU DO

Preheat oven to 350°F.

Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.

In a large skillet, cook meat, mushrooms, onion and seasoning. Set aside.

In a saucepan melt butter. Whisk in flour until smooth. Gradually whisk in broth and cream. Slowly bring to a boil while stirring until thick. Stir in chicken and mushroom mixture, frozen vegetables and salt. Divide mixture among 6 ramekins.

On a lightly floured surface, cut frozen puff pastry to size. Place dough over ramekin, sealing the edges. Make several slits in the center to allow for venting. Place ramekins on a rimmed baking sheet.

Bake the pot pie for 25-35 minutes, or until the puff pastry is lightly browned..



**TOTAL
TIME:
35 MINS**

**MUSHROOMS ARE A
NUTRITIONAL SUPER FOOD.
LOW IN CALORIES,
SODIUM, AND FAT FREE.
THEY ARE A GOOD SOURCE
OF VITAMIN D, POTASSIUM,
B VITAMINS, AND OTHER
ANTIOXIDANTS.**

MUSHROOM & BEEF TACOS

with Salsa and Cotija Cheese

WHAT YOU NEED

2 Tbsps vegetable oil
1 cups diced onions
½ Tbsps minced garlic
1 pound mushroom and meat mixture
1 Tbsp chile powder blend
1 Tbsp chopped cilantro
1 tsp salt
ground black pepper, to taste
lime juice, to taste about 2 Tbsps

12 fresh corn tortillas taco shells, warmed
1 cup finely shredded green cabbage
½ cup salsa of your choice
1 avocado cut into 12 slices
6 ounces grated cotija cheese
(or Monterey jack cheese)
Ground black pepper, to taste
Lime juice, to taste
12 cilantro sprigs for garnish

WHAT YOU DO

Heat a 10 inch sauté pan over medium-high heat. Add the oil to the pan, then the onions and season with a pinch of salt.

Sauté the onions over medium heat until golden brown. Add the garlic and cook until fragrant. Stir in the mushroom-beef mixture and chile powder. Sauté 2 to 3 mins until the flavors meld and warm through. Stir in the cilantro and adjust the seasonings with salt, pepper, and lime juice. Keep warm.

To assemble: Place 1 Tbsp of shredded cabbage on a warm taco shell. Top with 2 Tbsps of mushroom and meat mixture. Top with a generous tablespoon of salsa, a slice of avocado, some cotija cheese, lime juice, and a sprig of cilantro.

LAMB RAGOUT

WHAT YOU NEED

8 ounces fresh crimini mushrooms
2 Tbsps olive oil
1 small onion, diced
2 carrots, diced
2 stalks celery, diced
4 cloves garlic, minced
salt and pepper
1 pounds ground lamb
4 Tbsps tomato paste

1 tsp cinnamon
1 tsp nutmeg
1 tsp Italian herbs
one 28 ounce can whole tomatoes
½ cup red wine
1 bay leaf
1 pound dried spaghetti
Freshly grated Parmesan cheese
Fresh parsley, finely chopped

WHAT YOU DO

Place mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.

Heat oil in a large sauce pan over medium-high. Add mushrooms and saute for 3-4 mins. Add onions and saute for 2 mins. Add carrots and celery; saute until they start to soften, 4 mins. Add garlic and saute another minute. Season with salt and pepper.

Add ground lamb and cook until browned, approximately 5 mins. Add tomato paste, cinnamon, nutmeg and Italian herbs. Stir until well combined.

Add tomatoes to the pan. Using spatula, break up tomatoes. Add red wine, stir until well combined. Add bay leaf. Lower heat to low, place lid on pot and simmer 2 hours. Stir occasionally to ensure bottom doesn't burn.

Remove lid and taste sauce; season with salt and pepper as needed. Continue to simmer on low, with lid removed; sauce will begin to thicken.

Meanwhile, prepare spaghetti as per package directions. Serve the sauce over the pasta with a sprinkle of Parmesan cheese and finely chopped parsley.



**TOTAL
TIME:
27 MINS**

PEPPER-CRUSTED BURGERS

Filled with Roasted Mushrooms and Swiss Cheese

WHAT YOU NEED

For the Mushroom Stuffing:

8 ounces mixed mushrooms, sliced
8 ounces crimini mushrooms, sliced
2 cloves garlic, minced
2 Tbsps olive oil
1 ½ Tbsps sherry vinegar
½ tsp fresh-squeezed lemon juice
3 sprigs fresh thyme
Kosher salt and black pepper

For the Burgers:

1 ½ pounds ground beef
1 ½ Tbsps grated onion
1 Tbsp steak sauce
1 tsp garlic powder
4 slices of Swiss cheese, plus four 1 ½" cubes Swiss cheese
¼ cup cracked black pepper for crusting
4 hamburger buns
Toppings, as desired

WHAT YOU DO

Adjust oven rack to lower-middle position and preheat oven to 400°F.

Place mushrooms garlic, olive oil, vinegar, lemon juice and thyme in a 13"x 9" baking pan. Season with salt and pepper and toss to combine. Transfer to the oven to cook until liquid is absorbed and mushrooms are tender, stirring halfway through, about 25 mins total. Remove from oven. Discard thyme, scoop mushrooms onto a cutting board and finely chop mushrooms.

Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread the coals evenly over half of coal grate. Alternatively, set half the burners of a gas grill to high heat. Set cooking grate in place, cover grill and allow to preheat for 5 mins. Clean and oil the grilling grate.

Place ground beef, onion, steak sauce and garlic powder in a large bowl. Season with salt and pepper and thoroughly combine using hands. Do not over-mix. Divide meat into four equal portions. Fill each patty with a cube of Swiss cheese and 1 ½ Tbsps of mushroom filling, creating burgers with thick, flat sides. Place ¼ cup pepper on a plate. Roll burgers through the pepper along the outsides to crust the rims.

Place burgers directly over hot coals, cover with vents open, and cook, turning occasionally, until well charred and center of burgers register 110°F on an instant read thermometer, about 5 minutes. Place cheese on top of burgers and continue to cook until cheese is melted and burgers register 125°F for medium rare or 135°F for medium, 1 to 2 mins longer. Transfer burgers to a large plate. Toast buns over center of grill until golden brown and warmed through. Top burgers as desired, place in buns, and serve.



TOTAL
TIME:
1 HOUR

MUSHROOMS
CHECK THE BOXES FOR
SUSTAINABILITY REQUIRING
MINIMAL WATER, ELECTRICITY
AND SPACE TO GROW.
SO WHEN YOU BLEND,
KNOW YOU'RE COOKING UP
A DISH THAT IS GENTLE
ON THE PLANET.



TOTAL
TIME:
45 MIN

BLENDED MEATBALLS

WHAT YOU NEED

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

WHAT YOU DO

Preheat oven to 400°F. Line baking tray with foil and spray with cooking spray.

Place the mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.

In a skillet over medium heat cook chopped mushrooms until brown and most moisture has been released, about 3-5 mins. Set aside to let cool.

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. Bake 20-25 mins or until meatballs reach 160°F, are cooked through and center is no longer pink.