

Beef Patties with Mushroom Sauce

Ingredients:

- 8 oz fresh mushroom slices
- 1 pound extra lean ground beef, shaped into patties (*can use ground chicken or turkey*)
- ½ cup red wine, *dry*
- 1 cube of beef bouillon
- ½ tsp oregano leaves
- ¼ tsp pepper

Directions:

1. Spray a skillet with nonstick cooking spray and heat over medium-high heat.
2. Sauté the mushrooms for approximately 5 minutes and set aside on a plate.
3. Decrease the heat to medium and place the patties in the skillet.
4. Cook for 4 minutes then flip over and cook for another 4 minutes.
5. Put on a plate and keep warm.
6. Mix the remaining ingredients and the mushrooms in a bowl and then pour back into skillet. Increase the heat and bring to a boil.
7. Cook for 1 minute then pour over beef patties and serve.

For Our Program:

Nutrition Information:

Servings = 4

Carbohydrates per serving = 1.5g