

Sausage Mushroom Cheeseburger



Servings: 4

For the Sausage Burgers:

1 pound ground pork

1 teaspoon salt

1 teaspoon fennel seeds

1/4 teaspoon red pepper flakes, to taste

1 tablespoon paprika

3 garlic cloves, minced

1 cup cheddar cheese, grated

4 burger buns

For the Mushrooms:

1/2 pound button mushroom, sliced

salt and pepper, to taste

For the Sausage Burgers:

In a bowl combine ground pork, salt, fennel seeds, red pepper flakes, paprika, and garlic.

Form the ground pork into 4 burger patties.

Place the sausage burgers into a large frying pan and sear for 3 minutes per side. Place into a 350°F oven for 20 minutes or until the sausage burgers are cooked through.

Place cheddar cheese on top of each sausage burger and place back into the oven until the cheese is melted.

For the Mushrooms:

Place the mushrooms, salt, and pepper into a frying pan. Cook until the mushrooms are brown about 10-15 minutes.

To Assemble the Sausage Burgers:

Place the burger patties on a burger bun and top with the mushrooms.

Serve

Per Serving (excluding unknown items): 398 Calories; 25g Fat (54.9% calories from fat); 40g Protein; 6g Carbohydrate; 1g Dietary Fiber; 126mg Cholesterol; 1046mg Sodium; 2g Total Sugars; 1mcg Vitamin D; 453mg Calcium; 2mg Iron; 635mg Potassium; 545mg Phosphorus. Exchanges: .