MEAT. MEET MUSHROOMS.
THE BLEND

4 oz of medium ground beef has 376 calories. This can be reduced by up to 65% with The Blend.

Burgers, meatloaf & meatballs blended with 30% mushrooms =
270 CALORIES*
that’s a savings of 28% per serving.

30% less fat & cholesterol and 28% less sodium in The Blend, on average.

Tacos & burritos blended with 40% mushrooms =
235 CALORIES*
that’s a savings of 37% per serving.

40% less fat & cholesterol and 38% less sodium in The Blend, on average.

Chili & Pasta sauce blended with 70% mushrooms =
130 CALORIES*
that’s a savings of 65% per serving.

70% less fat & cholesterol and 66% less sodium in The Blend, on average.

BLENDING IS EASY!

How to prep your mushrooms to blend

Roast
Arrange whole mushrooms on a sheet pan, drizzle with olive oil and roast at 425°F for 20 minutes. Allow to cool then chop with a knife or gently pulse in food processor to the consistency of ground meat.

Sauté
If you prefer, in skillet over medium-high heat, heat oil, add sliced mushrooms, season to your liking, sauté until 5-7 minutes or until golden brown. Remove from heat. Allow to cool. Chop with a knife or gently pulse in food processor to the consistency of ground meat.

Simply Chop
Finely dice or chop your cooked mushrooms with a knife or in a food processor to the consistency of ground meat. Now you’re ready to blend.

THE TREND IS TO BLEND – ARE YOU IN?

For inspiration, recipes and ways you can join the Blended Burger Project™, visit Blenditarian.com.

Meat Type: Medium Ground Beef (70/30). * For meat and mushroom blend only. Mushroom and meat nutrition and calorie information is based on data from The Blend Calculator and USDA. Calculated savings are estimates only.