

BLEND WITH
GROUND MEAT



INTRODUCING

LET'S BLEND

A HEALTHIER, TASTIER
WAY TO ENJOY ALL YOUR
FAVORITE MEAT DISHES.

The **FIRST** line
of ready-to-use finely
diced mushrooms



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INTRODUCTION

Birth of a Concept: The Blend

For the past several years, chefs have faced increasing pressure and scrutiny to serve healthier meals that reduce calories and sodium, are better for the land and the world we live in and still taste delicious. The challenge to achieve that intersection between nutrition-sustainability-flavor is at the core of innovation within America's food system.

The idea of a beef-mushroom blended burger— “The Blend”— broadly offered on American menus was conceived of and incubated by The Healthy Menus R&D Collaborative (HMC), an educational initiative of high-volume culinary leaders developed by The Culinary Institute of America in partnership with its founding member, Mushroom Council. The Blend concept reflects the opportunity to apply innovative, strategic culinary insights to the substantial health and environmental imperatives facing our foodservice industry.

These recipes have been adapted from the Mushroom Council and modified to work with our pre-chopped and seasoned product, Let's Blend.



MEAT:MUSHROOMS

LET'S BLEND

It's easy. Just combine Let's Blend finely diced mushrooms with ground meat to enjoy reduced calorie versions of the recipes you love such as burgers, lasagna, meatloaf and meatballs, without sacrificing taste or texture.

Mushrooms are naturally low in sodium plus their umami counterbalances saltiness so less salt can be used in a dish without compromising flavor. Meaty mushrooms are low in calories, fat-free and can be a delicious substitute for higher-calorie ingredients.

100%
MUSHROOMS

All mushrooms create a rich and hearty dish. Try replacing meat in your favorites like spaghetti, lasagna, pot pies and casseroles.



70%
MUSHROOMS

A 70/30 mushroom-meat blend provides the perfect base for hearty one-pot meals like chilies and sauces.



40%
MUSHROOMS

A 40/60 mushroom-meat blend works great for ground meat dishes like tacos, burritos and sloppy joes.



30%
MUSHROOMS

A 30/70 mushroom-meat blend is the perfect consistency for burgers, meatloaf and meatballs.



LET'S BLEND CLASSIC SEASONING RECIPES

Blended Burger

Our pre-seasoned, finely diced mushrooms make it easy for you to blend. These simple ingredients mixed together create a juicy, umami-rich burger patty! You'll never make a burger the old-fashioned way again.

Ingredients

8 oz. Let's Blend™ Classic Finely Diced Mushrooms
16 oz. Ground Beef
4-6 Hamburger Buns
1 Tbsp Olive Oil (If Pan Frying)
Toppings: Lettuce, Tomato, Onion, Mayonnaise, Ketchup, Mustard, Pickles



Prep: 10 min
Total: 20 min
Serves 4-6

Directions

1. Wash produce to be used for burger toppings. Optional: Slice tomato. Separate lettuce into Separate leaves. Slice onion.
2. Combine Let's Blend mushrooms and ground beef in a bowl. Mix well. Form into 4-6 patties.
3. Cook on stove-top with a grill pan or skillet; or place on a barbecue grill. Cook until internal temperature reaches 160°F.
4. Assemble burgers by adding burger patty to warmed buns with your preferred condiments and toppings.



Blended Turkey Meatloaf

Our pre-seasoned, finely diced mushrooms make it easy for you to blend. The secret ingredient in this classic meatloaf is the addition of the diced mushrooms; they make it moist and more flavorful.

Ingredients

8 oz. Let's Blend™ Classic Finely Diced Mushrooms
1 lb. Lean Ground Turkey
1/2 Small Onion, finely diced
1 Cup Breadcrumbs
1 Egg
3 Tbsp Mustard
3 Tbsp Brown Sugar
1/3 Cup Ketchup



Prep: 10 min
Total: 70 min
Serves 4-6

Directions

1. Preheat the oven to 350°F.
2. In a large mixing bowl, combine diced mushrooms, turkey, onion, breadcrumbs and egg; mix until evenly combined. Form into lightly greased loaf pan.
3. In a small bowl mix together mustard, sugar and ketchup.
4. Pour sauce over top of meatloaf, spreading until even. Cover with foil.
5. Bake for 60 minutes, or until cooked through.



Individual Blended Chicken Pot Pies

Our pre-seasoned, finely diced mushrooms make it easy for you to blend. Try this American favorite with an umami-flavored twist.

Ingredients

8 oz. Let's Blend™ Classic Finely Diced Mushrooms
8 oz. Lean Ground Chicken
2 Tbsp Butter
1 Tbsp Flour
1 Cup Chicken Broth
1/2 Cup Cream or Milk
1 1/2 Cups Frozen Peas, Carrot, Corn Blend
1/2 Tsp Sage
1/2 Tsp Thyme or Basil
Frozen Puff Pastry



Thaw: 30 min
Prep: 25 min
Total: 50 min (thaw prior)
Makes 6 Ramekins

Directions

1. Defrost Puff Pastry 30 minutes prior.
2. Preheat oven to 350°F.
3. In a large skillet, cook meat, combine with mushrooms and set aside.
4. 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 spices. Divide mixture among 6 ramekins.
5. On a lightly floured surface, cut frozen puff pastry to size. Place dough over ramekin, sealing edges. Make several slits in the center for venting. Place ramekins on a rimmed baking sheet.
6. Bake the pot pies for 25-35 minutes, or until the puff pastry is lightly browned.



ITALIAN SEASONING RECIPES

Blended Spaghetti

Our pre-seasoned, finely diced mushrooms make it easy for you to blend. These simple ingredients simmered together create an umami-rich meat sauce with the perfect balance of Italian herbs and salt.

Ingredients

8 oz. Let's Blend™ Italian Finely Diced Mushrooms
16 oz. Ground Turkey
2 Boxes Crushed Tomatoes
2 Yellow Onions
8 Cloves Garlic
12 oz. Spaghetti
2 Tbsp Soy Sauce
1/2 C Shredded Parmesan Cheese
2 Tsp Olive Oil



Prep: 10 min
Total: 35 min
Serves 4-6

Directions

- 1 Prep: Bring a large pot of salted water to a boil. Halve, peel, and dice onion. Mince garlic. Cook spaghetti according to package directions.
- 2 Blend: While noodles are cooking, combine Let's Blend mushrooms and ground turkey in a bowl. Mix well.
- 3 Cook: Heat a drizzle of olive oil in a large pan over medium heat. Lightly sauté onions and garlic until softened, about 5 minutes. Add soy sauce. Cook until fragrant, about 30 seconds. Add mushroom and meat mixture, stirring occasionally. Cook until browned and internal temperature reaches 165°F (about 6 minutes).
- 4 Simmer: Add tomatoes. Bring to a boil, then simmer on low for 5 minutes. If you have time, simmer longer to meld the flavors even more.
- 5 Enjoy: Add spaghetti to blended meat sauce and toss to coat. Serve with Parmesan cheese and enjoy!



Blended Lasagna Roll Ups

Our pre-seasoned, finely diced mushrooms make it easy for you to blend. Try this tasty variation on the classic lasagna for an umami-rich Italian experience.

Ingredients

8 oz. Let's Blend™ Italian Finely Diced Mushrooms
1 lb. Ground Beef
1 Package (10oz.) Frozen Chopped Spinach, Thawed & Well Drained
1 1/2 Cups Ricotta Cheese
1 Egg Lightly Beaten
12 oz. Box Lasagna Noodles (16 count)
2 Cups Spaghetti or Marinara Sauce (32oz.)
1.5 Cup Shredded Mozzarella



Prep: 30 min
Total: 60-65 min
Makes 16 Lasagna Rolls

Directions

1. Preheat oven to 350°F. Cook noodles per package instructions while preparing blend.
2. In a large skillet, combine and cook meat and mushroom blend.
3. In a bowl, combine thawed spinach, ricotta cheese and egg. Mix well and add to skillet with meat and mushrooms, stir until combined.
4. Spread mixture over each cooked lasagna noodle. Carefully roll up tightly.
5. Pour 1 cup of spaghetti sauce into bottom of 9x13 baking dish. Place all rolls seam side down in dish. Top rolls with remaining sauce and shredded mozzarella.
6. Cover and bake for 30-35 minutes.



Blended Meatballs

Our pre-seasoned, finely diced mushrooms make it easy for you to blend. Our Italian blend adds a unique umami flavor to meatballs. Serve by themselves or with your favorite pasta, sweet and sour sauce, or dipping sauce.

Ingredients

8 oz. Let's Blend™ Italian Finely Diced Mushrooms
16 oz. Lean Ground Beef
1/2 Cup Breadcrumbs
1 Egg



Prep: 15 min
Total: 40-45 min
Makes approximately 48 meatballs

Directions

1. Preheat oven to 350°F. Line baking tray with foil and spray with cooking spray.
2. In a large bowl, combine mushroom blend, beef, breadcrumbs and egg; mix all ingredients until incorporated. Shape mixture into 1 inch meatballs. Place 1 inch apart on pan.
3. Bake 25-30 minutes or until meatballs reach 160°F, are cooked through, and center is no longer pink.



RECIPES MEXICAN SEASONING



Blended Tacos


Our pre-seasoned, finely diced mushrooms make it easy for you to blend. These simple ingredients mixed together create an umami-rich taco meat that bursts with flavor! Enjoy this fusion of garlic, chiles and citrus.

Ingredients

8 oz. Let's Blend™ Mexican Finely Diced Mushrooms
16 oz. Ground Pork
12-14 Corn Tortilla Shells
1 C Finely Shredded Cabbage
1 Tbsp Chopped Cilantro
2 Limes
1 Tbsp Olive Oil

Directions

1. Wash cabbage. Chop thin strips to shred. Chop cilantro. Cut lime into quarters.
2. Combine Let's Blend mushrooms and ground pork in a bowl. Mix well.
3. Heat a drizzle of olive oil in a large pan over medium heat. Add mushroom and meat mixture, stirring occasionally. Cook until browned and internal temperature reaches 165°F (about 6 minutes).
4. Assemble tacos by adding 2 tablespoons of mushroom and meat mixture, 1 tablespoon shredded cabbage and a sprinkle of cilantro. Serve with lime wedges.

 **Prep:** 10 min
Total: 35 min
Serves 4-6

Blended Chili & Macaroni

Our pre-seasoned, finely diced mushrooms make it easy for you to blend. This beef and mushroom chili is quick and easy. Add in elbow macaroni for a delicious, one-pot meal.

Ingredients

8 oz. Let's Blend™ Mexican Finely Diced Mushrooms
1 lb. Lean Ground Beef
1 Can Beef Broth (approx. 2 Cups)
1 Can (15.5 oz.) Kidney Beans, rinsed
1 Can Tomato Paste (6 oz.)
1 Cup Medium Salsa
2 Cups Elbow Macaroni, uncooked
Garnishes: Shredded Cheese, Sour Cream, Cilantro

Directions

1. In a large saucepan, brown meat and add mushroom blend.
2. Add broth, kidney beans, tomato paste, salsa, and macaroni to saucepan; mix well.
3. Bring mixture to boil and cover. Continue to simmer on low for 15 minutes, stirring occasionally.
4. Serve topped with cheese, sour cream and cilantro.

 **Prep:** 15 min
Total: 30 min
Serves 8



Beefy Burritos


Our pre-seasoned, finely diced mushrooms make it easy for you to blend. Add a flavorful twist to burrito night.

Ingredients

8 oz. Let's Blend™ Mexican Finely Diced Mushrooms
1/2 lb Lean Ground Beef
1 Tbsp Olive Oil
1 Cup Reduced Sodium Refried Beans
4 Large Flour Tortillas
1 Cup Cooked Spanish Rice
2 Cup Shredded Lettuce
1/2 Cup Salsa
1/2 Cup Guacamole (optional)
1/2 Cup Fat Free Sour Cream (optional)
3/4 Cup Shredded Part Skim Cheddar cheese

Directions

1. Combine Let's Blend™ mushrooms and ground beef in a bowl. Mix well.
2. Heat the oil in a large, nonstick skillet over medium-high heat. Add the mushroom beef blend. Cook for 10 minutes until mushroom mixture is browned and internal temperature reaches 160°F. Spread the refried beans over each tortilla. Spoon in rice, and top with the mushroom mixture, lettuce, salsa and optional guacamole and sour cream. Sprinkle with cheese, and roll up burritos. Coat a hot nonstick skillet with cooking spray. Place the burritos, seam side down, and toast on both sides for 3 to 4 minutes until heated through.

 **Prep:** 20 min
Total: 40 min
Serves 4



THANK YOU!

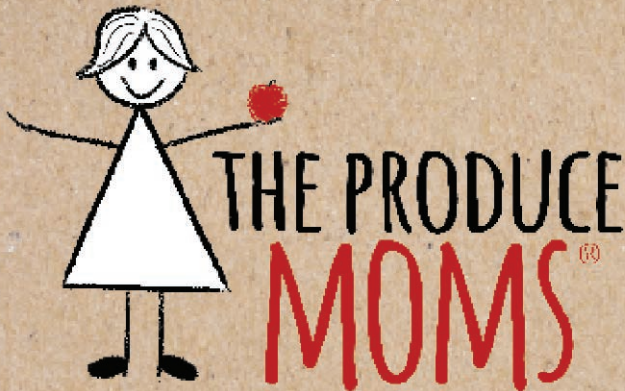
A special **thank you** goes out to the Mushroom Council (www.mushroominfo.com) for all their hard work popularizing the blend concept and coining the term [Blenditarian](#). We could not have produced this ebook with out their extensive research, recipe development and their passion, of course!



THE
MUSHROOM
COUNCIL

BLEND-I-TAR-I-AN
/ 'blend-ə-'ter-ē-ən / noun /

ENDORSED BY:



"Monterey Mushrooms is leading the way, once again, on helping home cooks incorporate more mushrooms into their household meals. The recipes and tips in the Meatless Meals eBook have inspired me to serve more mushrooms to my family. I hope you enjoy this resource as much as I have. Mushrooms are a nutrient-dense super food and a delicious, hearty option for your next meal!"

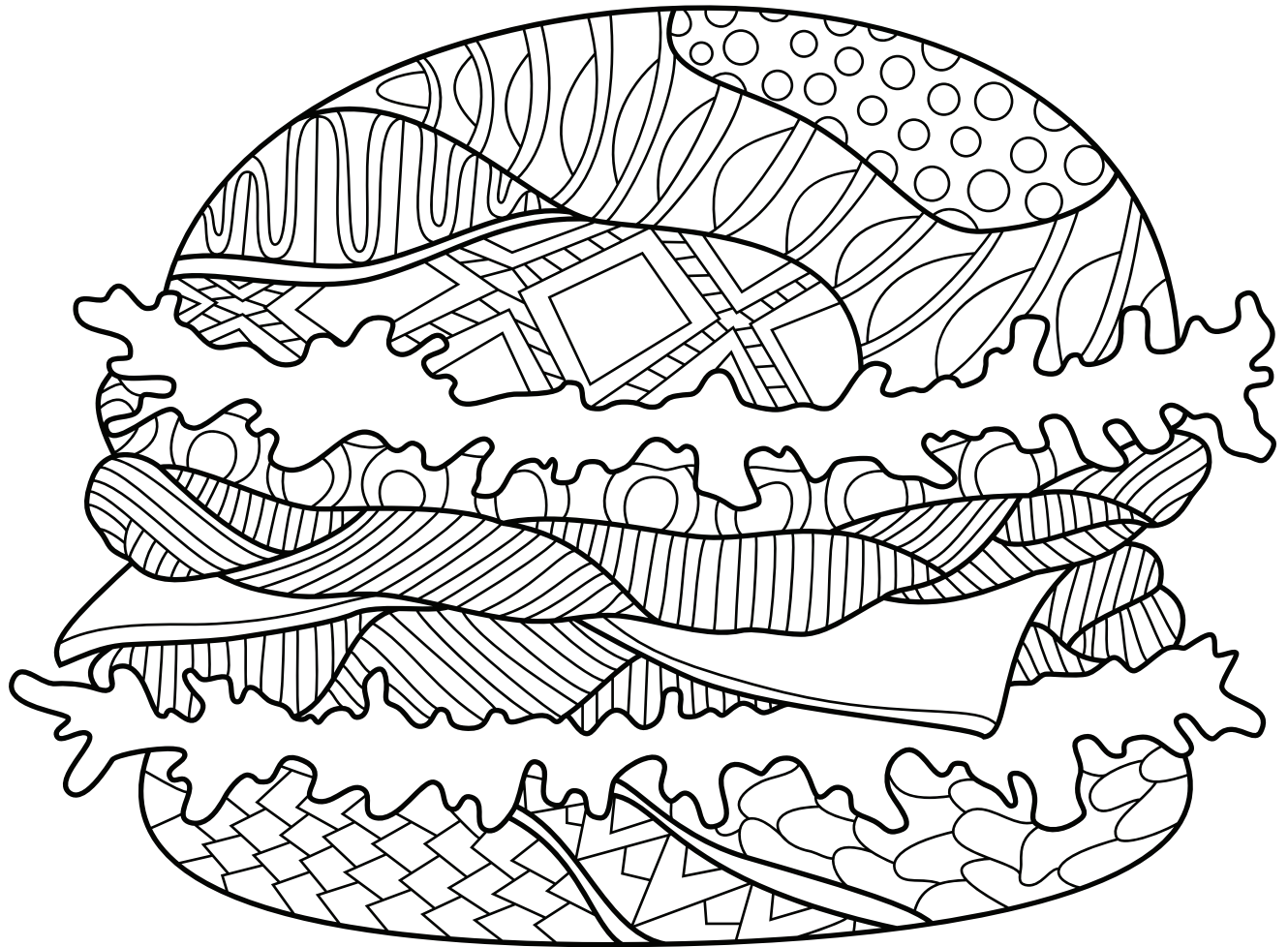
-Lori Taylor, Founder & CEO of The Produce Moms

About The Produce Moms™

The Produce Moms™ is a community of passionate fresh produce advocates with a mission to inspire everyone, especially children, to eat more fruits and vegetables. The Produce Moms educates consumers about fresh produce, introduces them to produce brands, engages the produce industry with consumers in inspiring conversations, and promotes public policy to protect and increase the availability of fresh produce at American schools. The Produce Moms ranks in the top 1% of all Pinterest pages in both followers and engagement. www.theproducemom.com



LET'S BLEND™



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