

Mushroom Burger



Ingredients:

4 Portobello Mushrooms, stems removed

1 tablespoon balsamic vinegar

1 tablespoon coconut aminos

½ cup vegetable broth

1 red onion, sliced

2 avocados sliced

1 large tomato sliced

Veggie sprouts

1 head wide green leafy lettuce (butter lettuce is great)

Sauce

⅓ cup cashews or sunflower seeds (soaked overnight, or 15 minutes in hot water)

1 tablespoon tahini

1 tablespoon mustard

1 tablespoon lemon juice

1 clove garlic, minced

¼ cup fresh herbs of your choice (tarragon, basil, fennel) or 2 teaspoons dried

Directions:

Soak mushrooms in vinegar and aminos. Blend sauce. Sauté Mushrooms 15 minutes using the vinegar, aminos, and a little vegetable broth at a time, just to keep the skillet moist.

Serve with a lettuce bun, and pour sauce over the top.