

This Keto Caramelized Onion, Cheese and Mushroom Burger are absolutely yummy, with so many wonderful flavors that meld together so incredibly well to make a burger that even the most ardent carnivore would want to eat. Yes, please!

Servings - 4

Prep Time - 20 Mins - Cook Time - 30 Mins - Total Time - 50 Mins

Difficulty - Easy



Cuisine - American

RECIPE

KETO VEGETARIAN CARAMELIZED ONION, CHEESE & MUSHROOM BURGER

EQUIPMENT

[Cup and Spoon Measures](#)

[Disc Kitchen Scale](#)

[Mixing Bowls](#)

[Turner Spatula](#)

[Large Heavy Skillet](#)

INGREDIENTS

Portobello Mushrooms

4 Large Portobello mushrooms

2 Tbsp salted butter

Caramelized Onions

1 Tbsp butter

1 Large onions, finely sliced

2 Tbsp Water

[Pinch of Himalayan Salt \(Ground\)](#)

Burger

4 Tbsp butter

50 g fresh mushrooms, Chopped

[100 g GreenVie Vegan Block Mozzarella Cheese](#)

[2 Tsp Onion Powder](#)

[1 Tbsp FHALL Low Carb Plain White Flour](#)

[1/2 Tsp Chili Powder](#)

2 Garlic cloves chopped

[Pinch of Himalayan Salt \(Ground\)](#)

[Pinch of Black Pepper \(ground\)](#)

METHOD

Portobello Mushrooms

Preheat the oven to 325°F/170°C or Fan 150°C/Gas Mark 3.

Place the butter in a skillet and let it melt until it starts to bubble and is slightly brown.

Add the mushrooms and fry at medium heat until they are soft and slightly charred at the top.

Caramelized Onions

Melt the butter in a large heavy-bottomed stainless steel or cast iron skillet over high heat.

Add the sliced onion and frequently stir for a few minutes until the bottom of the saucepan is glazed with pale brown residue (fond).

Add two tablespoons of water and scrape up the fond with a wooden spoon.

Continue to cook, frequently stirring, until the fond has built up again, about 2 minutes longer.

Add two more tablespoons of water and scrape up the fond.

Repeat cooking, adding water, and scraping until onions are completely softened and a deep, dark brown. The process should take about 15 minutes in total.

Season to taste with salt. Remove from the saucepan rapidly to prevent burning.

Burger

Coat a large skillet with cooking spray, and place over medium heat.

Add mushrooms and cook and stir for about 4 minutes. The mushrooms should not be browned but should have begun to give up their juices.

Stir in the rest of the ingredients, sprinkling the flour lightly over the mixture last. Season to taste with salt and pepper.

Stir from one minute until the combination has a slight sheen.

Remove the mushroom and cheese mixture from the pan, and set it aside to cool.

Coat the skillet with cooking spray, and place over medium heat.

Spoon mixture into the skillet in 4 equal amounts.

Brown one side, flip over and brown the other side.

SERVING SUGGESTIONS

Serve on a [Keto Burger Bun](#), with lettuce, tomato, and [Keto Roast Garlic Aioli](#) sauce.

STORAGE

Store in the fridge in an airtight jar for up to 2 months.

NUTRITION FACTS

Per serving : 219 g | Calories 488 | Protein 36.6 g | Fat 24.3 g | Carbs 26.5 g | Fiber 11.5 g

Net Carbs : 15 g

NOTE: The Nutrition Facts include the bun.

LOW CARB - KETO - SUGAR FREE - GLUTEN FREE - VEGETARIAN

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