

# Perfect Portobello Burger

Source: 21-Day Vegan Kickstart

This burger has it all: heartiness from the portobellos, smokiness from the paprika, sweet tanginess from the balsamic vinegar, and a rich lushness from the roasted red pepper. For an extra protein punch, spread garlicky hummus on one side of the bun.

## About the Recipe

**169 Calories · 9 g Protein · 6 g Fiber**

**Dinner**

**Nut-free**

*To make this recipe gluten free, swap the whole-wheat buns for gluten-free buns. Use balsamic vinegar in place of malt vinegar.*

## Ingredients

**Makes 2 Servings**

- garlic cloves, sliced along the length (3)
- salt (1/4 tsp.)
- smoked paprika, common paprika can be substituted if smoked is not available (1/2 tsp.)
- portobello mushrooms, destemmed, it is not necessary to remove the gills (2 large)
- whole-wheat buns (2)
- malt vinegar, balsamic can be substituted (to taste)
- red pepper, roasted and cut in half (1)
- romaine lettuce, about the size of a portobello (2 pieces)
- yellow onion, thinly sliced, optional (1/4)

## Directions

1. Prep ingredients by thinly slicing the garlic, destemming the mushrooms (keeping the gills intact), slicing the roasted red pepper in half lengthwise, and thinly slicing the yellow onion if using as a burger topping.&nbsp;
2. Add about 1/4 inch (0.6 centimeters) of water to a saute pan and bring it to just above medium heat. Add the garlic, salt, and smoked paprika (or another paprika if smoked is not available) to the water and stir. Add the portobello caps. Cook until the portobello is no longer raw on either side. Replenish the water as necessary so that the portobello and garlic are not left to cook in a dry pan. Once the portobello is cooked, allow the water to evaporate from the pan.
3. Options: Over medium-high heat, saute the sliced onion until it is golden brown and very soft. If it starts to stick, add a very thin layer of water to the pan and repeat until the onion has fully cooked and is thoroughly browned. Add the onion to the burger once the portobellos are done. You can also toast the buns either in the oven directly on the rack at 350 F for 2 to 3 minutes or in a dry pan over medium heat for about 2 minutes.
4. Immediately remove it from the heat and stir the portobellos so that they pick up the residual salt and smoked paprika on the bottom of the pan. Remove everything from the pan as soon as possible and set the portobellos and garlic aside. Sprinkle or quickly dip the bottom buns in the malt vinegar. Add the portobellos, roasted red pepper halves, and arugula (or another leafy green of choice), and slices of yellow onion if using to the buns and serve.

## Nutrition Facts

*Per serving*

**Calories:** 169

**Fat:** 2 g

**Saturated Fat:** 0.4 g

**Calories from Fat:** 11%

**Cholesterol:** 0 mg

**Protein:** 9 g

**Carbohydrates:** 30 g

**Sugar:** 8 g

**Fiber:** 6 g

**Sodium:** 505 mg

**Calcium:** 99 mg

**Iron:** 2 mg

**Vitamin C:** 80 mg

**Beta-Carotene:** 2,759 mcg

**Vitamin E:** 2.3 mg