Meatloaf Burger Steaks

4 ounces mushrooms

3 cloves garlic

1 carrot, peeled and cut into 1" pieces

1/2 onion, peeled and cut into 1" pieces

1 celery stalk, cut into 1" pieces

1/3 cup whole wheat panko

2 eggs

1 pound ground sirloin

1 Tablespoon canola oil

1 teaspoon salt

3/4 teaspoon pepper

1/4 cup red wine

1/2 cup ketchup

2 Tablespoons honey

1 Tablespoon Worcestershire Sauce

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Place mushrooms, garlic, carrot, onion and celery in food processor and pulse 3-4 times.

Combine panko, eggs and beef.

Divide into 4 equal pieces and shape into patties.

Sprinkle patties with salt and pepper. ​

Heat oil in skillet. Add patties and cook 4 minutes on each side. Remove from pan.

Add mushroom mixture and cook 6 minutes.

And wine to pan and cook until liquid evaporates.

Stir in honey, ketchup and Worcestershire and cook 3 minutes.

Reduce heat to low and add patties. Cook 6 minutes or until cooked through.