

DINNER

Grilled Mushroom Swiss Burgers

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	6	\$2.32	345 kcal



Grilled Mushroom Swiss Burgers might be a good recipe to expand your main course recipe box. One serving contains 345 calories, 33g of protein, and 12g of fat. This recipe serves 6. For \$2.32 per serving, this recipe covers 20% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 teaspoons butter
- ☐ 6 hamburger buns
- ☐ ½ teaspoon seasoned meat tenderizer
- ☐ 2 tablespoons soy sauce
- ☐ 8 ounce sliced mushrooms, drained canned
- ☐ 1½ pounds lean ground beef
- ☐ 6 servings salt and pepper to taste
- ☐ 4 slices Swiss cheese

EQUIPMENT Frying pan, Grill, Meat tenderizer

Method

- 1 Prepare a grill for medium heat. Lightly oil the grate.
- 2 Divide the ground beef into 6 patties. Season with meat tenderizer, salt and pepper. Set aside.
- 3 Melt the butter in a skillet over medium heat.
- 4 Add the mushrooms and soy sauce; cook and stir until browned. Set aside and keep warm.
- 5 Grill the patties for about 6 minutes per side, or until cooked through. Divide the mushroom mixture evenly amongst the burgers and top each one with a slice of Swiss cheese. Cover the grill for about 1 minute to allow the cheese to melt.
- 6 Remove from the grill and serve on hamburger buns.

Nutrition per serving

345

KCAL

33 g

PROTEIN

12 g

FAT

24 g

CARBS

Saturated Fat	5.9 g · 37% of daily needs
Fibre	1.7 g · 7% of daily needs
Sugar	4.1 g · 5% of daily needs
Sodium	1,009 mg · 44% of daily needs
Cholesterol	84.7 mg · 28% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/grilled-mushroom-swiss-burgers-148204](https://www.whatsheate.com/grilled-mushroom-swiss-burgers-148204)