

Recipe**Rosemary Mushrooms & Black Beans****Ingredients**

1 lb hamburger
1 large onion
2 cloves of garlic
2 TBS olive oil
2 cups broth-mushroom broth or chicken
8 oz chopped cooked mushroom
2 twigs fresh rosemary
1 Tsp oregano
3 cups cooked brown rice
8 oz sour cream
2 15 oz cans of black beans

Category

Casserole

Servings

8

Notes

The combination of rosemary, mushrooms and black beans are delicious paring. Enjoy with a glass of red wine. I used chanterelle mushrooms in this recipe but most any kind will work well.

Recipe by Steve Schmidt 8-15-2011

Instructions

1. cook burger in fry pan with rosemary until browned -remove from pan
2. saute onion & garlic in olive oil with oregano
3. when onions are done, combine with burger
4. add broth and mushrooms cook 10 min
5. add black beans, rice and sour cream cook 10 mins