

Italian-Style Sausage & Mushroom Burgers With Broccoli Rabe You'll Make on Repeat

Sausage and Mushroom Burgers With Broccoli Rabe



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INGREDIENTS

For the sausage & mushroom burgers:

Italian sausage (sweet or hot), casings removed

Mushrooms (cremini or button), sliced

Onion (optional), thinly sliced

Garlic, minced

Olive oil

Salt and black pepper

Burger buns or sturdy rolls (ciabatta-style is amazing)

Cheese (optional: provolone, mozzarella, or fontina)

For the broccoli rabe:

Broccoli rabe, trimmed

Garlic, thinly sliced or minced

Red pepper flakes (optional)

Salt

Lemon wedges (optional, but highly recommended)

DIRECTIONS

1. Prep the broccoli rabe: Bring a pot of salted water to a boil (or skip boiling and go straight to sautéing if you like it more bitter). Blanch the broccoli rabe briefly until bright green, then drain well.
2. Sauté the broccoli rabe: In a skillet, warm olive oil over medium heat. Add garlic (and red pepper flakes if using) and cook just until fragrant. Add broccoli rabe, toss, and sauté until tender. Season with salt and finish with a squeeze of lemon if you want that pop.
3. Cook the mushrooms: In the same skillet (or a second pan if you want speed), heat olive oil and sauté the mushrooms until they release their moisture and start to brown. Season with salt and pepper, then add a little garlic and onion (if using) for extra depth.
4. Form and cook the sausage patties: Remove sausage from casings and gently form into patties-don't overwork it. Cook in a skillet over medium heat until browned and cooked through. If adding cheese, place it on top in the final minute and cover briefly to melt.
5. Assemble the burgers: Toast buns if you can. Add sausage patty, pile on mushrooms, and top with a generous forkful of broccoli rabe (or serve the greens on the side if you prefer). Eat immediately while everything's hot and juicy.

SWAPS & NOTES

Use broccolini, sautéed spinach, or even charred Brussels sprouts.

You'll lose that signature bitterness, but it'll still be delicious.

Serve the sausage-mushroom mixture over greens or in lettuce wraps instead of buns.

Make it extra saucy: A swipe of mustard, a spoonful of marinara, or even garlic mayo on the bun is unreal.

TIPS FOR SUCCESS

Don't smash the sausage patties too thin.

Sausage shrinks as it cooks; thicker patties stay juicy.

If the pan is crowded, they'll steam-cook in batches for that deep golden flavor.

Don't be shy, but don't burn it-garlic goes bitter fast.

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