

# Homemade Beef Burgers



## Food Fact:-

Unlike many cheap shop bought ones, homemade burgers contain no additives such as salt and are a good source of body building protein.

Reduce the cost by adding 'soya mince', cooked lentils/rice.

**Preparation time** 5 mins

**Cooking time** 15-20 mins

Servings: 4 lg or 8 sm

## Homemade Beef Burgers Ingredients

1. Combine all the ingredients.
  2. Shape into 4 large or 8 smaller burgers. If too dry add a little water, if mixture is too wet add more breadcrumbs.
  3. Grill or barbeque burgers for 8-10 minutes on each side.
  4. Serve in a toasted bun with spicy potato wedges, salad and salsa.
- *350g (14oz) lean minced beef*
  - *1 medium sized onion (peeled and chopped)*
  - *2 tablespoons Worcestershire sauce*
  - *pepper to season*
  - *50g (2oz) breadcrumbs*
  - *1 egg, beaten*

