LEAN    BEEF    BURGERS

​7-18-16
Recipe time: 20 minutes

Ingredients:
1- One pound ground beef - 93 to 95% lean
2- 1/4 cup soft bread crumbs
3- one egg white
4- 1/4 teaspoon salt
5- 1/4 teaspoon pepper
6- four whole wheat hamburger buns split, toasted
7- lettuce leaves and sliced tomatoes

Instructions:
1- Combine ground beef, bread crumbs, egg white, salt and pepper in a large bowl mixing lightly but thoroughly
2- Shape into four 1/2 inch thick beef patties
3- Place beef patties on grill over medium heat, ash covered coals
4- Grill uncovered, 11 to 13 minutes to medium 160 degrees doneness -- confirmed with a meat thermometer inserted into side of beef patties, turning occasionally
5- Cooking times are for fresh or thoroughly thawed ground beef
6- Always use a meat thermometer, as color is not a good indicator of doneness
7- Always turn beef patties with a long handle spatula and NEVER press down on the beef patties as you will push out flavorful juices,.  Turning with forks will also allow flavorful juices to escape

The recipe is from National Cattlemen's Beef Association and is an excellent source of protein, niacin, vitamins b6 and b12, iron, selenium and zinc;  and a good source of fiber.

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