

Beef Hamburgers

Ingredients:

500g Lean Minced Beef

1 Pinch Salt

2 Teaspoons Beef Stock Powder

1 Teaspoon Garlic and Herb Seasoning

1 Tablespoon Worcestershire Sauce

1 Tablespoon Tomato Sauce

1 Tablespoon BBQ Sauce

1 Brown Onion – Diced Finely

1 Clove of Garlic – Diced Finely

1 Carrot – Grated

1 Whole Egg

3 Tablespoons Breadcrumbs

Method:

Combine all ingredients together in a bowl and then shape into individual hamburger patties.

This recipe makes 8 generously sized burgers.

