

How to Build a Burger



Prep: 15 minutes

Cook: 30 mins

Yields: 4 servings

INGREDIENTS

Protein - beans, ground meat, or canned tuna

Starch - potato, yam, or flour

1 -2 eggs

Add-ins and seasonings

Burger bun or lettuce wrap

Toppings and condiments

OPTIONAL

If using potatoes for your starch, first stab potatoes with a fork 4-5 times to create holes for the steam to escape. Cook the whole potato in the microwave for 5 minutes. Cook for 1 minute bursts following this, if necessary, until potatoes are tender. Cut potatoes in half and scoop out the meat of the potato with a spoon. Skip this step if using flour for your starch.

DIRECTIONS

1. First, cook your protein, whether this is beans or ground meat. If using canned beans or canned tuna, then skip this step.
2. In a bowl, add flour or cooked potato to the cooked protein.
3. Then, add an egg and stir until the burger mix sticks together. If necessary, add additional egg.
4. Add other mix-ins like spices, fresh herbs, or breadcrumbs. Roll a handful of burger mix into a ball in your hand and flatten to desired thickness. Repeat until you have used all of your mix.
5. Cook burgers in the oven at 425 degrees Fahrenheit or cook each side in a skillet with oil on medium heat until browned. Serve with a bun or wrapped in lettuce and add toppings of your choice.



Photo by Deryn Macey on Unsplash