



Best-Ever Hamburgers



Where service *and savings* matter.

SERVINGS: 8 servings

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 270, calories from fat 70, total fat 7g, saturated fat 2.5g, cholesterol 60mg, sodium 660mg, total carbohydrate 27g, dietary fiber 4g, sugars 4g, protein 27g, vitamin A 2%, vitamin C 6%, calcium 6%, iron 20%

- 2 lb lean chuck, ground
- 1 tsp salt
- ¼ tsp black pepper
- 2 Tbsp minced onion
- 2 Tbsp Food Club Steak Sauce
- ½ cup uncooked Food Club rolled oats
- ½ cup tomato juice
- 8 Sara Lee Heart Healthy 100% whole wheat buns, split

DIRECTIONS:

1. Toss meat lightly with salt, pepper, onion, steak sauce, oats and tomato juice.
2. Divide meat equally and shape into 8 patties.
3. Grill the patties on an outdoor grill, for 4 minutes on each side or until cooked to desired doneness (160°F internal temperature). Serve on buns with desired condiments.

Source: Tyra Carter, Corporate Dietitian

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★ Best-Ever Hamburgers ★ Shopping List

PRODUCE:

- 1 Onion

MEAT/POULTRY/SEAFOOD:

- 2 lb. Lean chuck

WHOLE GRAINS/ BREADS/PASTA:

- Food Club rolled oats
- Sara Lee Heart Healthy 100% whole wheat buns

SPICES/SEASONINGS:

- Salt
- Black pepper

GROCERY/FROZEN/ MISCELLANEOUS:

- Food Club steak sauce
- Food Club tomato juice