

# Best-Ever Hamburgers

## Ingredients

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.

Yield: 8 servings

Source: Tyra Carter, Corporate Dietitian

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%