

Burger Board

Ingredients

- 1 egg
- 1 teaspoon mustard
- 1 teaspoon Worcestershire sauce
- 1 small onion, finely grated
- 1 clove garlic, minced
- 1/2 teaspoon season salt
- 1/2 teaspoon pepper
- 1 lb lean ground beef

Optional Toppings

- Lettuce
- Tomato
- Pickles
- Cheese
- Bacon
- Avocado
- Mustard, ketchup, mayo
- Jalapeños
- Grilled onions or red onions
- Potato chips/potato salad

Directions

1. Lightly oil grill & heat grill to medium heat
2. Whisk egg in a bowl & add next 6 ingredients.
3. Add beef into your bowl & using your hands or a fork, gently mix together. Gently shape mixture into burgers- regular or slider size- about 3/4 inch thick)
4. Using your thumb, make a shallow depression in the center of each burger
5. Place burgers on the grill, close lid & cook for about 5-6 minutes on each side (Internal temp should be 160 degrees)
6. While your burgers are cooking, you can prepare the toppings!

MADE WITH LOVE

by Teresa Forehand