

PROTEIN PLUS HAMBURGERS

1 lb. lean ground beef

1/3 cup lentil puree*

2 eggs

1 small ground onion

1/2 to 1/3 cup whole grain flour^

salt and pepper to taste

Mix together well, (I use my Bosch bowl with the dough hook for larger amounts) with your hands and shape into patties. May also be shaped into meatballs, hamburgers, or meatloaf. Fry, roast, or barbecue as usual.

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