



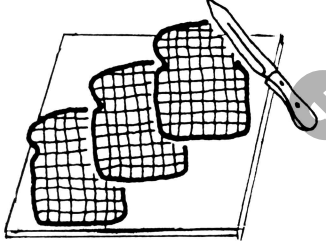
For 6 servings, 1 medium or 2 small hamburgers each, you need:


- 3 slices bread
- 1 small onion
- 1 egg
- 1/3 cup water


- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon worcestershire sauce, if you like
- 1 pound ground beef
- 1 tablespoon fat

MENU SUGGESTION


- Baked Beans
- Spinach
- Fruit
- Milk Coffee

① 
Cut or break 3 slices of bread into small pieces.


Finely chop 1 small onion.



Break 1 egg in a large bowl. Beat slightly.

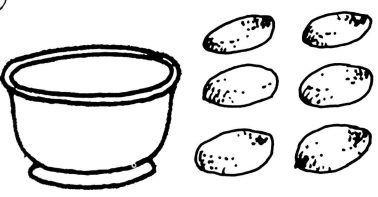
② Add to egg bread, onion and





1/3 cup water, 1 teaspoon salt, 1/4 teaspoon pepper, and 1 teaspoon worcestershire sauce, if you like.


Mix.


Add 1 pound ground beef. Mix well.

③ 
Shape mixture into 12 thin or 6 thick burgers.


Heat 1 tablespoon fat in heavy fry pan over medium heat.


Brown burgers on both sides, turning once. Lower heat. Cook until meat is no longer pink when a knife is stuck in center.

{ Thin burgers take about 8 minutes to cook.
{ Thick burgers take about 16 minutes to cook.

SMART SHOPPER RECIPE

U.S. DEPARTMENT OF AGRICULTURE • CONSUMER AND MARKETING SERVICE • FOOD TRADES STAFF

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