

Henderson County, Region 2: "Cookin' Divas"

Beef and Veggie Burger

Vegetables:

- ¼ cup onion, chopped
- 1 cup finely minced cabbage
- ¼ cup finely minced carrots
- 1 tomato, peeled, seeded and chopped
- 1 cucumber used as garnish

Meat:

- 1 pound lean ground chuck

Seasoning:

- 3 Tbsp. dried onion flakes
- 1 tsp. onion powder
- ¼ tsp. garlic pepper
- 1 tbsp + 1 tsp beef soup base

Grains:

- 1 package whole wheat buns

Dairy:

- 1 (8 oz) package mild Cheddar Cheese, sliced

Directions:

1. Preheat broiler oven. Place ground chuck and chopped onion in a large, deep skillet. Cook over medium high heat until evenly brown. Drain fat. Stir in cabbage, carrots, tomato, beef soup base, onion flakes, onion powder, and garlic pepper. Cook 5 minutes longer, or until lightly browned. Set aside.
2. Mound up mixture on the bottom bun. Turn the top bun upside down and place cheddar cheese on this side. Place under broiler that is on high and heat until the cheese is only melted. For garnish: peel the cucumber and cut the skin into leaves. Using the tomato skin make a tomato rose and arrange the leaves and rose on the plate.

Prep time: 20 minutes

Cook time: 30 minutes

Ready in: 1 hour

Servings: 6