Meat-Potato Burgers

This recipe makes 6 or 8 patties.

What you use:

- 1 pound ground beef
- 1 large potato
- 1 small onion
- ½ teaspoon salt
- 1 can tomatoes
- 2 tablespoons flour
- 2 tablespoons water
- Nonstick cooking spray
How to Make Meat-Potato Burgers

1. Put ground beef in a bowl.

   - 1 pound ground beef

2. Wash and peel the potato. Cut potato in small pieces.

   - 1 large potato

   - 1 small onion

   - Salt

   - ½ teaspoon

   Add potato, onion, and salt. Stir well.

3. Make 6 or 8 patties.
4
Spray frying pan with nonstick cooking spray.

5 Add patties to hot frying pan.

**Turn heat to medium.**
Brown patties. Turn them. Brown other side.

6
![Tomatoes and juice](2 cups)
Add tomatoes and juice.

7 Cover pan.
Cook on low heat until done.
Cook about 25 minutes.

8 Take patties out of pan.
Keep them hot.

See next page.
### Make Gravy for Patties

#### 1. Prepare the Flour
- **Flour**: 2 tablespoons
- **Water**: 2 tablespoons

Put flour in a small bowl. Add water. Stir until smooth.

#### 2. Add Tomato Juice
- Add a little hot tomato juice from the frying pan. Stir.

#### 3. Cook the Gravy
- Add flour mixture to the frying pan. Stir as you add it.
- Cook until it is thick. Stir as it cooks.

#### 4. Serve
- Pour gravy over patties.

---

**Evelyn Crayton**, Extension Foods and Nutrition Specialist, Professor, Nutrition and Food Science, Auburn University. Originally prepared by **Fariss Prickett**, former 4-H Specialist—Foods and Nutrition.

For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, by the Alabama Cooperative Extension System (Alabama A&M University and Auburn University)

© 2003 by Alabama Cooperative Extension System. All rights reserved.