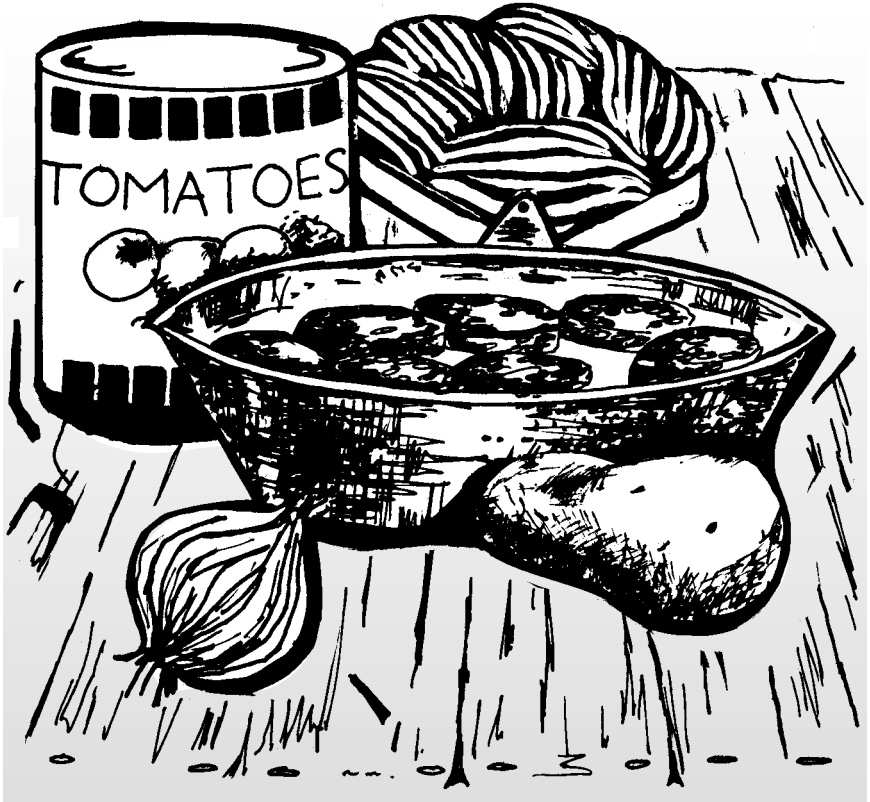


Meat-Potato Burgers



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



1 pound
ground beef



Put ground beef
in a bowl.

2



1 large
potato



Wash and
peel it.



Cut potato in
small pieces.



1 small
onion



Wash and
peel it.



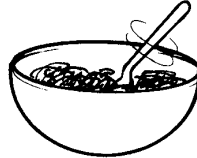
Cut onion in
small pieces.



Salt

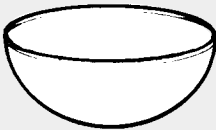


½ teaspoon



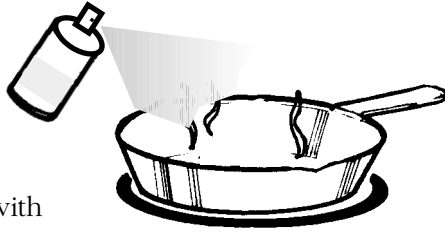
Add potato, onion, and
salt. Stir well.

3



Make 6 or 8 patties.

4

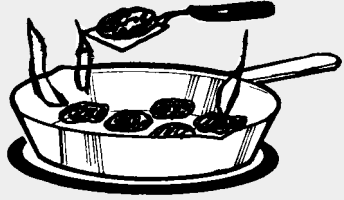


Spray frying pan with nonstick cooking spray.

5

Add patties to hot frying pan.

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



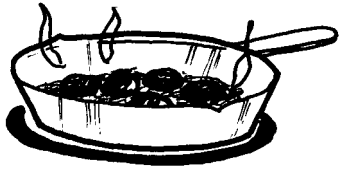
6



Tomatoes
and juice



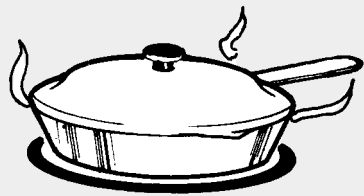
2 cups



Add tomatoes and juice.

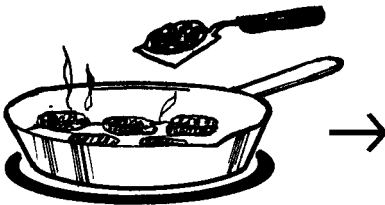
7

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



Flour



Water



2 tablespoons



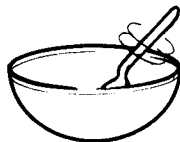
2 tablespoons



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

2

Add a little hot tomato juice from frying pan. Stir.



3

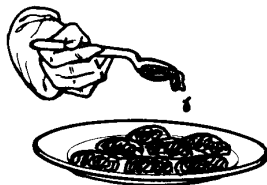
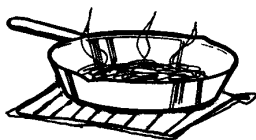
Add flour mixture to frying pan. Stir as you add it.

Cook until it is thick.
Stir as it cooks.



4

Pour gravy over patties.



Your Experts for Life

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)

2.5M06, Revised May 2003, HE-37