



## Classic Burger

### Instructions:

Mix the ingredients in a bowl.

Form into 3 meatballs and flatten to form burgers.

Bake in a preheated oven at 350 for 30 minutes.

**If you are allowed all the ingredients in this recipe, or you were advised you may have any group 2 recipe, this recipe is allowed on your diet.**

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### Prep Time:

10 minutes

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### Cook Time:

30 minutes

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### Ingredients:

1 lb. extra lean ground beef

1 onion - chopped finely

1 cube frozen garlic

1 egg

McCormick grill mates

Montreal chicken spice to taste

1/2 cup of our free BBQ sauce - optional (see BBQ sauce recipe in the Free section) or use 1/4 cup of Walden Farms 0 calorie BBQ sauce