



## 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.

**Makes 3 burgers**

**1 burger counts as 1 dinner main**

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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