

# HOMEMADE BURGERS

*Let's make burgers! Easy to prep and on the table in under 30 mins...with a homemade burger sauce!*

## TOOLS NEEDED FOR THIS RECIPE

- 8x8 baking dish
- Bowl for burger sauce

## BURGERS

- 1 lb (454g) ground beef, or chicken, or turkey, or veggie protein substitute
- Salt and pepper
- Non stick spray
- Hamburger buns- *pull apart small dinner rolls work well too!*
- Optional burger toppers: burger condiments, cheese slices, shredded lettuce, tomatoes, pickles

## BURGER SAUCE

- 1/2 cup mayonnaise
- 1/4 cup ketchup
- 2 teaspoons sweet relish
- 1 teaspoon granulated sugar
- 1/2 teaspoon onion powder
- 1/2 teaspoon paprika
- 2 teaspoons white vinegar
- 1 teaspoon ground black pepper

**BLEND ALL INGREDIENTS TOGETHER AND ENJOY!**

## **DIRECTIONS**

1. Preheat your oven to 400F.
2. Spray your baking dish with non-stick cooking spray.
3. Gently press your burger meat into the baking dish, a pinch of salt and pepper or seasoning salt, then bake at 400F for about 20 minutes.
4. Carefully take out the cooked burger “slab” from your baking dish and place on a cutting board, then decide how to serve them - as 9 sliders or 4 x ¼ lb burgers.
5. Dress your burgers and enjoy!