



## Burger-up Mix

Onion, garlic, parsley, black and green pepper, tomato powder, oregano, basil, salt, thyme, and paprika

**Uses:** Beef, pork, lamb, turkey, chicken or wild game. Try with tofu, vegetables, eggs or potatoes. Also works well to flavor soups.

**Burgers:** Combine 2 Tbsp. Burger-up mix; ½ cup chopped red onion and one pound ground meat or substitute. Form into patties and grill or fry according to desired doneness.

**Meatloaf:** Combine 1 ½ lbs. ground beef, turkey, pork or combination of any two from above, add 3 Tbsp. Burger-up mix with one cup diced yellow onion and ¼ cup chopped red bell pepper. Add ½ cup bread crumbs and two eggs. For added flavor add ½ cup grated parmesan cheese and mix well. Form into a log and cook on a broiler pan at 375 for one hour. Add ketchup or your favorite balsamic vinegar such as **Black Walnut** or **Fig Balsamic Vinegar** or other favorite topping during last ten minutes of baking.

**Other Uses:** Add a tsp. of mix to one tbsp. of olive oil and three

Potatoes cut into wedges. Place in an airtight container and toss until coated. Bake potatoes at 425 until browned and cooked through. For eggs, add to scrambled egg mix by the pinch. Try adding a pinch to your tuna or egg salad or one tsp. to potato salad.

**Meatballs:** Use any kind of ground meat you enjoy. For each pound of meat add one Tbsp. burger mix, ½ cup parmesan cheese, ½ cup finely chopped yellow onion, and two minced garlic cloves. Combine ingredients and form a large ball. Wrap with plastic wrap or seal in an air tight container and place in refrigerator from four hours or overnight. Remove from refrigerator and form your meatballs, for small meatballs roll each ball to equal one to two inches. For large meat balls roll from four to six inches. Preheat oven to 400 and bake on a cookie sheet for twenty to twenty-five minutes until fully cooked and slightly browned. Add immediately to your pasta sauce or soup. If you desire make a double batch and freeze ½ on a cooking sheet in your freezer. Once fully frozen remove and place in an airtight container, label the container and date it so you remember what's inside and how old it is. Discard after six months if not consumed. Enjoy!