

What's Really In It?

Beef & Veggie Burgers



Ingredients

- 2 lbs ground beef
- 1 large onion (finely chopped)
- 2 med zucchini (finely grated) - our family uses only 1
- 1 carrot (grated)
- 1 cup parsley (chopped)
- 1 tsp paprika
- 1/2 cup tomato sauce
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 egg (for binding it all together)
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*Optional

- 1 green apple (grated) it gives it a nice crunch
- Slice of cheese

Directions

Mix all ingredients together
Shape into patties
Either grill or fry them
Garnish with your favorite condiments.
Eat them over a plate of salad and blue cheese dressing

Enjoy!