

Beef

Cajun Beef Burgers

Taste of Home - June/July 2011

Servings: 4

Preparation Time: 30 minutes

Grill Time: 10 minutes

CAJUN SAUCE

1/4 cup mayonnaise

1 green onion, thinly sliced

1 1/2 teaspoons Creole mustard

1/2 teaspoon garlic, minced

1/2 teaspoon grated lime peel

1/2 teaspoon lime juice

1/4 teaspoon pepper

1/8 teaspoon salt

dash hot pepper sauce

dash Worcestershire sauce

BURGERS

1/4 cup onion, finely chopped

1/4 cup celery, finely chopped

1/4 cup carrot, finely chopped

2 tablespoons fresh parsley, minced

1 tablespoon butter

1 tablespoon Cajun seasoning spice

1/4 teaspoon salt

1/4 teaspoon hot pepper sauce

1 pound lean ground beef (90% lean)

4 onion rolls, split

In a small bowl, combine all ten Cajun Sauce ingredients until blended. Chill until serving.

In a skillet, saute' the onion, celery, carrot and parsley in butter for 6 to 8 minutes or until tender. Cool slightly.

In a large bowl, combine the vegetable mixture, Cajun seasoning spice, salt and hot pepper sauce. Crumble the beef over the mixture and mix well. Shape into four patties.

Grill the burgers, covered, over medium heat or broil four inches from the heat for 5 to 7 minutes on each side.

Grill the rolls, cut side down, over medium heat for 30 to 60 seconds or until toasted.

Serve the burgers on the rolls with the Cajun Sauce.

Per Serving (excluding unknown items): 135 Calories; 15g Fat (91.1% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 324mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.