

Deviled Hamburgers

Ruthann van den Burg

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1 pound ground chuck or turkey
1/4 cup chili sauce
1 teaspoon Worcestershire sauce
1 teaspoon prepared mustard
1 tablespoon onion, minced
1 teaspoon horseradish, freshly grated
1/2 to 3/4 cup bread crumbs
salt
pepper
2 cloves garlic, minced
1/4 teaspoon mace
1/4 cup dry red wine

In a bowl, combine all the ingredients, mix with your hands. (Do not overmix or the meat will become tough.)

Shape into five or six patties.

Cook on a grill or under the broiler.

Per Serving (excluding unknown items): 293 Calories; 3g Fat (11.9% calories from fat); 8g Protein; 48g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 637mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.