

## Hamburgers

For every 1 pound of ground beef, mix together in a small bowl:

1 TBSP Worcestershire sauce

3/4 tsp olive oil

3/4 tsp soy sauce

1 tsp garlic powder

1/8 tsp pepper

Use a small spoon to apply the mixture evenly to the ground beef.

Pad out 3 to 4 burger patties per pound of ground beef. Press down slightly in the center of each patty to prevent bulging as they cook.

Grill to desired doneness, about 4-5 minutes per side. Sliced cheese can be added 30-60 seconds before removing the patties from the grill.