

Hamburgers

For every 1 pound of ground beef, mix together:

1 TBSP Worcestershire sauce

1 tsp olive oil

1 tsp soy sauce

1 tsp garlic powder

1/8 tsp pepper

Mix together in a large bowl, then gently add meat and mix. Pad out patties, about 4 per pound. Grill about 4-5 minutes per side.