

Juiciest Hamburgers Ever



No more dry, lackluster burgers. These are juicy, and spices can be easily added or changed to suit anyone's taste. Bacon and cheese are optional. If you find the meat mixture too mushy, just add more bread crumbs until it forms patties that hold their shape.

By Jane

Prep: 15 mins

Servings: 8

Cook: 10 mins

Yield: 8 servings

Additional: 10 mins

Total: 35 mins



Ingredients

- ☐

2 pounds ground beef
- ☐

1 egg, beaten
- ☐

¾ cup dry bread crumbs
- ☐

3 tablespoons evaporated milk
- ☐

2 tablespoons Worcestershire sauce
- ☐

½ teaspoon cayenne pepper
- ☐

2 cloves garlic, minced



Directions

Preheat grill for high heat.

In a large bowl, mix the ground beef, egg, bread crumbs, evaporated milk, Worcestershire sauce, cayenne pepper, and garlic using your hands. Form the mixture into 8 hamburger patties.

Lightly oil the grill grate. Grill patties 5 minutes per side, or until well done.



Nutrition Facts

Per Serving: 288 calories; protein 21.5g; carbohydrates 9.1g; fat 17.8g; cholesterol 95.5mg; sodium 196.3mg.

Full Nutrition

