

HermBurgs

Forming Burgers

Ingredients	Quantity
Package extra lean ground beef	1
Cooking onion (yellow)	2
Eggs	2
Bread crumbs	1/2 cup
Salt & Pepper	Lots

1. Mix together
2. Form patties
3. Wrap in parchment paper and put in airtight ziplocs to freeze

BBQ

1. Gril to 500°
2. Grill on low