

## Beef Burgers

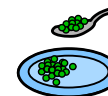
Recipe from Northampton College

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Ingredients

6



For

6

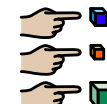
portions,

2



2

burgers



each

1200



1200

grams



minced



lean beef

60



60

grams



tomato ketchup

2

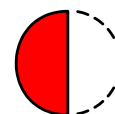


2

teaspoons



salt



1/2



teaspoon



black



pepper



## Ingredients



Seeded buns

400

400



grams



sliced



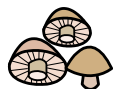
onions

200

200



grams



mushrooms

25

25



grams



oil

60


60



ml



water



## Method



To prepare the patties, mix the beef,



tomato ketchup

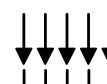
+



and seasoning



until



it is completely bound.



Divide into

12



patties



and shape as required.



