

Canadian Beef

Beautiful Burgers



Burger basics
plus recipe favourites
from the Beef Information Centre.

Burger Basics

Nothing matches the taste of a homemade burger made from fresh Canadian ground beef. It's summertime, so go ahead and reacquaint yourself with Canada's favourite meat, cooked the most popular way – on the grill.

The Simple Burger

- 1 lb (500 g) Ground Beef
- 1/4 cup (50 mL) EACH dry bread crumbs and minced onion
- 1 lightly beaten egg

SERVINGS: 4 burgers

NUTRIENTS PER BURGER
 (made with Lean Ground Beef):
 256 Calories
 24 g protein
 15 g fat
 6 g carbohydrate
 %Daily Value (DV): good source of iron (19% DV) and excellent source of zinc (59% DV), 6% DV sodium

1. **Lightly combine** all ingredients, seasoning with salt and pepper.
2. **Gently form** into four 3/4 inch (2 cm) thick patties.
3. **Cook** patties over medium-high heat on a lightly oiled grill. Cook for 5-7 minutes per side, testing doneness with a digital thermometer inserted sideways into centre of each patty – burgers are completely cooked when thermometer reads at least 160°F (71°C).



The Simple Burger Becomes Sensational

Take one batch of The Simple Burger mix, include some Add-ins to the mix, match with some simple Toppings and Breads and VOILA – Sensational Burgers!

	Add-ins	Toppings	Breads
The Great Canadian Cheese Burger	1 cup (250 mL) shredded aged Canadian Cheddar and 2 tbsp (30 mL) Worcestershire sauce	crispy bacon tomato slices lettuce chili sauce	toasted sesame bun
Moroccan Burgers	2 tbsp (30 mL) EACH toasted pine nuts and chopped raisins, 1/4 tsp (1 mL) EACH cinnamon and cumin	chutney splash of fresh lemon juice	grilled naan or flat bread
Burgers Olé Style	1 pkg (35 g) taco seasoning mix	guacamole or chimichurri sauce red onion slices	grilled flour tortilla

Kitchen Wisdom

- To maximize juiciness in lower fat burgers, add 1/4 cup (50 mL) minced fresh mushrooms to 1 lb (500 g) of Lean or Extra Lean Ground Beef.
- Use a light hand when mixing meat and forming patties - burgers will seem tough and dry if over-handled.
- Form flat patties of even thickness for faster more uniform cooking.
- The less fuss when cooking the better – avoid continuous flipping and pressing on burgers with your flipper.

Burger Food Safety

- Always thaw ground beef in the refrigerator or microwave. Cook microwave-thawed meat immediately.
- Use a thermometer to know when patties are done. Patties can look done (i.e. be no longer pink inside) **before** being completely cooked.
- Just remember “**Your Burger’s Done at 71!**”—that’s 71°C/160°F. NEVER eat burgers rare.
- Check each patty for doneness since grills have hot and cold spots and patties can vary in size. Wash thermometer stem after testing a partially cooked burger.



10 Tantalizing Toppings

1. Coleslaw
2. Cheeses: feta, Gorgonzola, Smoked Gouda, goat or Brie
3. Roasted pepper strips
4. Basil or arugula leaves
5. Hot pepper jelly
6. Roasted garlic cloves
7. Pesto
8. Asian chili garlic sauce
9. Mixed grilled mushrooms
10. Aioli sauce

Marketplace News:

Source Grinds are quality ground beef made from flavourful single cuts of beef and are not blended with other beef. Look for: 100% Ground Round and 100% Ground Sirloin (both Extra Lean) and 100% Ground Chuck (Lean). Ground Chuck and Round are perfect for burgers and if you love the taste of sirloin steak try Ground Sirloin for a delicious change!

Nutrition Matters

You may be surprised how the fat level in ground beef stacks up against other ground meats – take a look at the chart below:

Maximum Fat Content of ALL Ground Meats and Poultry*

Extra Lean	10%
Lean	17%
Medium	23%
Regular	30%

*(includes ground pork, chicken, turkey and beef)

The Backyard Burger Party:

Burgers are the perfect fare for all ages—who doesn’t like burgers? Here’s a party game plan: make up a few batches of The Simple Burger mix, use your favourite Add-ins for variety and then set out a whole bunch of toppings and breads. Your guests will have fun building their own personal burgers. It’s entertaining made easy!



*Your continued enjoyment of Canadian beef
supports beef farmers, packing plant workers,
truckers and many others
who work in our industry.
As a result, with every beef purchase
you are supporting communities
right across our country.
Thank you!*

Enjoy Canadian beef more often. 



For more great burger ideas visit beefinfo.org or call 1-888-248-BEEF.