

# DICED TOMATO & Herb Hamburgers

Juicy hamburgers mixed with herbs, garlic, and diced tomatoes for extra flavor and moisture.

## INGREDIENTS:

- 1½ pounds ground beef (80/20 lean-to-fat ratio works best)
- 1 cup diced tomatoes, drained well
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh basil, chopped
- 1 teaspoon dried oregano
- 2 cloves garlic, minced
- ½ teaspoon onion powder
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon Worcestershire sauce
- ½ cup seasoned breadcrumbs
- 1 large egg

## FLAVOR VARIATIONS:

### Italian Style:

Parmesan cheese • Mozzarella • Fresh basil

### Spicy Southwest:

Jalapeños • Cilantro • Smoked paprika

### Mediterranean:

Feta cheese • Fresh mint • Cucumber yogurt sauce

## OPTIONAL TOPPINGS:

Lettuce ★ Sliced tomato ★ Red onion ★  
Provolone or mozzarella cheese ★ Toasted buns ★  
Garlic mayo or herb aioli

## INSTRUCTIONS:

- 1 Prepare the Tomato Mixture:** Drain diced tomatoes very well using paper towels or a strainer so the burgers do not become too wet.
- 2 Mix the Burger Ingredients:** In a large bowl combine:  
*Ground beef ~ Tomatoes ~ Herbs ~ Garlic ~ Seasonings  
Worcestershire sauce ~ Breadcrumbs ~ Egg*  
Mix gently just until combined. Do not overmix or the burgers may become tough.
- 3 Shape into 4–6 burger patties.** Press a slight dent into the center of each patty to help them cook evenly.
- 4 Cook:**  
  
**Grill Method:**  
Grill over medium-high heat for 4–5 minutes per side, or until the internal temperature reaches **160°F**.  
  
**Skillet Method:**  
Cook in a cast-iron skillet with a little olive oil for about 5 minutes per side. Add cheese during the final minute if desired.
- 5 Serve on toasted buns with fresh toppings and extra herbs.**

## BONUS RECIPE

### Herb Garlic Mayo

#### MIX TOGETHER:

- ½ cup mayonnaise
- 1 teaspoon lemon juice
- 1 tablespoon fresh parsley, finely chopped
- 1 small garlic clove, minced

Stir until smooth. Refrigerate for 15 minutes before serving for the best flavor.

Everything  
Herbal

— by Cheryl Jabz —

Good food  
Good herbs  
Good life



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