

Lean Ground Beef Patty

This recipe uses lean ground beef, commercial egg product (fat free/cholesterol free) and catsup (no added salt). These ingredients combined yield a tasty product that is lower in both fat and sodium. The recipe for Tomato Gravy will add moisture to this recipe.

Contributors: Los Angeles Healthy African American Families' staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients
1	Pound	Ground Beef, lean=85%
¼	Cup	Commercial egg product(fat free/cholesterol free)
1	Tablespoon	Onion powder
½	Teaspoon	Chili powder
¼	Teaspoon	Salt
½	Teaspoon	Black pepper
1	Tablespoon	Dried parsley
¼	Cup	Catsup (no-added salt)

1. Combine ingredients and mix well.
2. Divide into to 5 servings.
3. Bake in a loaf pan at 425 degrees for 25 minutes or to an internal temperature of 165 degrees
4. Serve warm. Add Tomato gravy (see recipe location in the Table of Contents).

Yield: Five (5) 3 ounce servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	203	170 (7%)	14 g (8%)	5 g (1%)	82 mg (15%)*	-

* No added fat

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org