

Recipe

Beef Burger with Avocado Salsa

6 Servings

Ingredients

900 g	ground beef, extra lean (raw weight)
1 small	onion, raw, minced
2 tbsp	tomato paste, canned
2 tbsp	cilantro (coriander), fresh, minced
1 tbsp	chili powder
1 tsp	spices, cumin
1 fruit	avocado, ripe
2 tbsp	lime juice, fresh
1 small	tomato, diced
1/2 cup	corn, canned, niblets
6 bun	bun, whole-wheat

Directions

1. Wash hands. Using your hands and a medium bowl, mix together ground beef, onion, tomato paste, cilantro, chili, cumin. Divide into six portions and shape into burgers. Place patties on a plate.
2. Cook on a hot, lightly oiled grill for 4-5 minutes each side or until the minimum internal temperature reaches 160F.
3. To make the salsa, dice the avocado and toss with lime juice. Add the tomato and corn and toss lightly.
4. Sandwich the burgers between hamburger buns and serve with the salsa and any other condiments of your choice.

NUTRITION FACTS - PER 1 SERVING	
CALORIES (kCal)	523
FAT (g)	19.74
SATURATED FAT (g)	5.982
TRANS FAT (g)	0.394
CHOLESTEROL (mg)	83
SODIUM (mg)	538
CARBOHYDRATE (g)	46.24
FIBRE (g)	6.5
PROTEIN (g)	40.13
VITAMIN A (µg)	30
VITAMIN C (mg)	10.4
CALCIUM (mg)	79
IRON (mg)	5.46