



SPINACH BURGERS

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EACH BATCH SERVES SIX.

INGREDIENTS	X1	X2	X3	X4
Ground beef	1 1/2 pounds	3 pounds	4 1/2 pounds	6 pounds
Fresh spinach, coarsely chopped	1 1/2 cups	3 cups	4 1/2 cups	6 cups
Fresh mint, cilantro or parsley, stems removed and chopped	6 Tablespoons	3/4 cup	1 cup plus 2 tablespoons	1 1/2 cups
Large egg, optional**	1	2	3	4
Lemon juice	1 1/2 tablespoons	3 tablespoons	4 1/2 tablespoons	6 tablespoons
Ground black pepper, or more to taste	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoons

In a bowl, combine all ingredients and mix well. Divide mixture into 6 patties and shape into 1/2 inch thick patties.

To Freeze: Freeze burgers on a lined baking tray until solid. Place patties into a gallon sized freezer bag separated by wax paper. Remove as much air as possible, seal, label and freeze.

To Serve: Thaw. Grill burgers, turning once until desired doneness, approximately 5 minutes per side for medium doneness. You can also fry burgers in a skillet over medium heat.

**to make egg free, either skip egg or mix 1 tablespoon ground flax seed with 3 tablespoon warm water to replace one egg.