

This newsletter has been adapted from the University of Illinois Extension Go-Further Burger resource, which can be found at : [https://www.foodhero.org/sites/default/files/resources/Go-Further%20Burger%20Recipes\\_0.pdf](https://www.foodhero.org/sites/default/files/resources/Go-Further%20Burger%20Recipes_0.pdf)



## GO-FURTHER BURGER

Choose one food item from each group below. Mix with 1 pound lean ground meat or poultry.

<b>CHOOSE ONE</b>	<b>BINDER</b>	<b>LIQUID</b> <i>Choose one</i>	<b>FLAVORING</b> <i>Choose one or more</i>
¾ cup crushed cereal ¾ cup oatmeal ¾ cup small bread cubes ¾ cup raw potatoes ¾ cup grated carrots ¾ cup rice	1 egg	⅓ cup milk ⅓ cup tomato juice or tomato soup	½ teaspoon salt ¼ teaspoon pepper ¼ cup catsup 1 tablespoon mustard 1 small onion, chopped ¼ cup chopped pepper

### Use “Go-Further Burger” mixture to make:

#### **Meatballs**

Shape meat mixture into about 16 to 20 1-inch balls and cook in fry pan over medium heat. Drain off fat.

#### **Hamburger Patties**

Shape meat mixture into 6 to 8 patties and brown in fry pan over medium-high heat until thoroughly cooked. Drain off fat. Patties can also be cooked under broiler.

#### **Oven-Baked Meat Loaf**

Put meat mixture in a greased baking dish and bake at 350 degrees F. for about 1 hour. Makes about 6 to 8 servings.

#### **Top-of-The Stove**

Shape meat mixture into 2 loaves. Brown loaves on all Meat Loaf sides over medium to high heat. When meat is browned, mix together 1 can tomato soup and ½ can water. Pour tomato soup and water over meat. Turn heat to low. Cover pan and cook for about 30 minutes. Remove pan lid the last 10 minutes to allow sauce to thicken. Serve with spaghetti noodles or mashed potatoes.