

Healthy Burgers

Ingredients:

1 pound of ground round thawed

1 tbsp. of liquid smoke

1tbs Worchester sauce

1tsp creole seasoning

1/2 tsp. garlic powder

1/2 tsp. onion powder

2tbsp olive oil

Romaine lettuce leaves

Add all ingredients except the olive oil to the ground round. Incorporate well by mixing it all together with your hands. In a large skillet, add the olive oil and set stove medium to medium high. Roll ground round into 3 equal sized balls and flatten into patties. Add to pan or grill and cook until desired doneness. Place cooked patties on a large piece of lettuce; covering with your favorite condiments and top with another large slice of lettuce. The lettuce acts as buns or if you prefer you can use whole grain buns. Enjoy!