



### Green for Go Local

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 Ingredients in **green** =  
 locally grown or produced



**Beef**



**Onion**



**Oatmeal**



**Whole Wheat Buns**



**Lettuce**



**Tomatoes**

# Handmade Hamburgers

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 1 x 3 oz (85 g) burger (*Note: Bigger appetites may prefer a 4 oz burger, and very small appetites may prefer half a burger.*)

## Ingredients

7 ½ lb (3.5 kg)	Lean <b>ground beef</b>
3 cups (750 mL)	<b>Oatmeal</b> , ground to a powder in a food processor or blender
4 ½ tsp (23 mL)	Salt
2 ½ tsp (13 mL)	Ground black pepper
2 large	<b>Onions</b> , finely minced in a food processor
50 small	<b>Whole wheat hamburger buns</b>
50 leaves (2 heads)	<b>Lettuce</b>
50 slices	<b>Tomato</b> (about 2.75 lb/1.25 kg)
50 slices	<b>Pickles</b> (about ⅓ of a 1 L jar)
As needed	Ketchup, mustard, mayo and toppings of choice

## Directions

*Note:* Wash all produce well. Buns are best when warmed for ten minutes or so on baking sheets at 200°F (90°C).

1. In a large bowl, combine the beef, ground oatmeal, salt, pepper, and minced onions. Use your hands to combine thoroughly.
2. When forming the patties, a slightly rounded #16 scoop will portion a 3 oz (85 g) burger quickly, or use a scale to weigh the first few scoops to get a sense of the scoop size. Use a hamburger press or the lid of a 3.78 L jug to press out the burgers.

*Note:* If using a lid, line it with a doubled piece of plastic wrap to make it easy to get the burgers out. Place the portioned burger mixture inside the lid and use your fingers to press out into an even patty.

3. Place burger patties in a tub or tray and separate layers with plastic wrap.
4. Cook the patties on a flat-top, portable grill, or in pans on the stovetop. If it's easier they could also be broiled in the oven. Check to make sure the internal temperature is at least 165°F (75°C). Hold warm in a hotel pan or on a baking sheet until ready to serve, then place in the buns with lettuce, tomato, and desired toppings.



## Equipment

- #16 scoop
- Patty maker (optional but helpful)

## Note from the Authors

"We've found that children and adults alike REALLY enjoy customizing their meal to taste! This can allow you to simplify the menu to just one dish with a variety of topping and side options. If serving wedges or home fries add just a few, as the burgers are filling. Round out the plate with veggie sticks and fruit."

- Jenny & Rosie

## Create Your Plate!

### Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Condiments: Ketchup, mustard, relish, mayo
- ★ Home fries or wedges (**potato** or mix of **potato, sweet potato** and **turnip**)
- ★ Natural **cheese slices** or **grated cheese**
- ★ **Onions** - fried or raw
- ★ **Mushrooms** - fried or raw
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Lettuce**
- ★ **Tomato**
- ★ Sliced **pickles**
- ★ **Veggie sticks:**
  - ★ **Carrots**
  - ★ **Cauliflower**
  - ★ **Cucumbers**
  - ★ **Radish**
  - ★ **Turnip**
- ★ **Beets** - roasted or pickled
- ★ **Dulse**
- ★ **Kale chips**
- ★ **Fruit**

## Tips & Tricks

### Swap In

Swap in ground pork for some or all of the ground beef in the recipe.

### Conversion Measures

- 1 head of romaine lettuce = about 25 leaves
- 1 lb medium tomatoes = 3 medium tomatoes and makes about 18 slices
- 32 oz (1 L) pickle jar = about 180 pickle chips

### Leftovers

Leftover cooked patties can be frozen until the next burger day, then defrosted and warmed in a pan or in the oven. Heat to 165°F (74°C) and then hold at an internal temperature at or above 140°F (60°C).

### Make Extra

Make extra patties with fresh beef (not previously frozen) and freeze for next time.

### Veg It Up!

Add 1 lb (454 g) mushrooms, finely minced in the food processor, in Step 1. You can substitute 1 cup (250 mL) dried green lentils, cooked, drained and mashed, for 2 lb (907 g) beef in Step 1.

### Modifications

Keep some veggie burgers, gluten-free bread and buns on hand.



### Allergy Alert

Oatmeal is not always gluten-free. Be sure to check if you are serving people with celiac.