

Lean Ground Beef

Get Grilling!



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www.beefinfo.org



Canadians have long loved the humble burger. But we often feel guilty about eating one, after all, they have practically become the icon for fast food these days.

But here's the good news:

The lean beef burger is a healthy choice!

(Without the fries – of course)

Saigon Burger: for recipe go to beefinfo.org/leanbeef



Luscious and lean...

Delicious lean burgers start with Health Check™ qualified Lean or Extra Lean Ground Beef.

Lean beef burgers have a lot going for them:

- 14 essential nutrients including an excellent source of protein, zinc and vitamin B₁₂
- a good source of iron

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And what about the fat?

Lean and extra lean ground beef have the same maximum fat content as lean ground chicken and turkey while delivering 25% more zinc.

And it just gets better. Grilling a burger can reduce the amount of fat found in raw ground beef on average by one-third.

So ditch the guilt (and the fries) and enjoy your burger.

Try the tips and recipes here for the most juicy and delicious lean beef burgers.

Check for Health Check™

†Choosing leaner ground meats (Lean or Extra Lean) is part of healthy eating.

The Beef Information Centre financially supports the Health Check™ education program. This is not an endorsement. See www.healthcheck.org

Lean burgers – best!

We've got some tricks up our sleeves when it comes to making the best lean burgers.

- Add finely grated vegetables to the raw ground beef – try carrot, mushrooms or zucchini.
- If you're not on a sodium restricted diet, try adding a pinch of salt to the raw ground beef mixture – just a pinch adds a surprising flavour boost.
- Be careful not to overcook lean burgers so they don't dry out – cook to an internal temperature of 160°F (71°C).

The all-beef patty on the toasted sesame seed bun – undone!

Here's a great way to serve a smaller burger without feeling like you're being skimpy.

Nestle a hot juicy grilled burger on a bed of greens dressed with a low-fat vinaigrette. Serve with tomato wedges, crumbled blue cheese and sliced red onion. To make croutons, toast a sesame bun on the grill and cut into wedges. Oh so pretty and so good for you!



BEST EVER LEAN BURGERS

WOW – finally a great-tasting lean burger! Chopped mushrooms and milk add extra juiciness and Worcestershire sauce is a super-simple seasoning. Use a moderate heat for grilling to avoid scorching.

1 lb (500 g)	Extra Lean or Lean Ground Beef
1	egg, lightly beaten
1/4 cup (50 mL)	EACH finely chopped onion and mushrooms
1/2 cup (125 mL)	dry bread crumbs
1/4 cup (50 mL)	EACH Lea & Perrins® Worcestershire Sauce
	and milk
1	clove garlic, minced
	Pepper, to taste

Lightly combine all ingredients.

Gently form into six 3/4-inch (2 cm) thick patties.

Cook patties over medium heat on lightly greased grill for 6 to 7 minutes per side until a digital instant read thermometer inserted sideways into centre of each patty reads at least 160°F (71°C). **Makes 6 burgers.**

Per burger (made with Extra Lean beef):

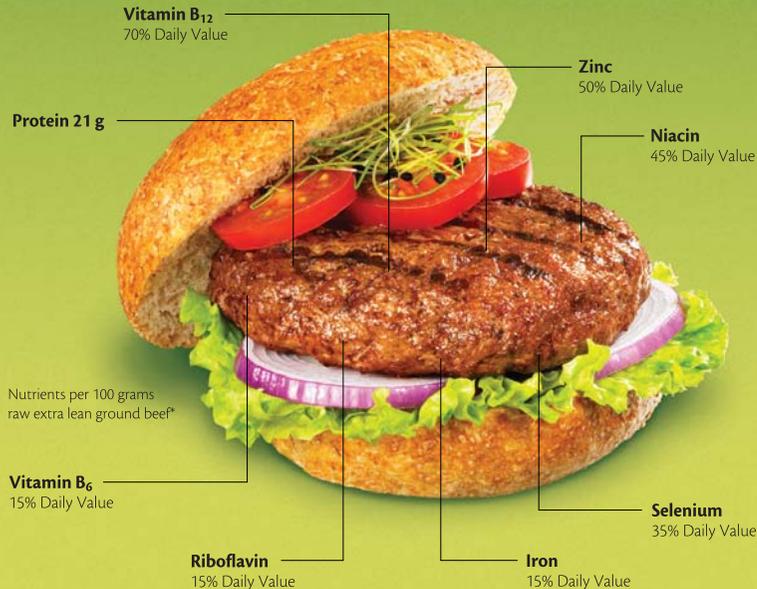
183 Calories, 20 g protein, 7 g fat, 9 g carbohydrate, 1 g fibre, 250 mg sodium. Good source of iron (19% DV) and excellent source of zinc (48% DV).



**VIDEO
HOW-TO**

See how to grill the perfect burger and more...
Check out 'Cooking Lessons' at beefinfo.org

Beef. Make every bite count!



Make eating well easy by adding nutritious lean ground beef to your busy mealtimes. Every bite of ground beef is packed with essential nutrients like zinc, iron and vitamin B₁₂. And lean and extra lean ground beef qualify for Health Check™ a Heart and Stroke Foundation of Canada food information program. Now that is something you can count on.

Beef. Goodness in every bite.™

For recipes and information on beef nutrition visit www.beefinfo.org/leanbeef

