

PREPARATION: 30 MINUTES

RESTING: 15 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

HAMBURGER NEW STYLE



INGREDIENTS

227g medium-firm tofu (½ block),
drained

250g lean ground beef

1 tablespoon olive oil

1 teaspoon garlic, minced

2 tablespoons onion, chopped

½ teaspoon Cayenne pepper

½ teaspoon black pepper

2 eggs

1 teaspoon olive oil

1 cup onion, diced

1 cup red peppers, diced

1 tablespoon balsamic vinegar

1 teaspoon honey

4 hamburger buns

4 lettuce leaves

PREPARATION

- 1** In a bowl, shred the tofu with a fork. Add the ground beef, 1 tablespoon olive oil, garlic, onions, cayenne pepper, black pepper and eggs. Mix all ingredients with a fork and set aside for 15 minutes.
- 2** Turn on the barbecue and heat it to medium-high.
- 3** In a non-stick frying pan, heat 1 teaspoon olive oil over medium heat. Add the onions and the peppers and fry for 2 minutes.
- 4** Add the vinegar, turn the heat down to medium-low, and cook for another 10 minutes, stirring occasionally.
- 5** Add the honey to the vegetables in the last minute of cooking. Turn off the heat. Keep warm and set aside.
- 6** Form four patties with the meat/tofu mixture and place the hamburgers on the BBQ. Reduce heat to medium and cook patties for 5 minutes on one side. Turn them and cook for another 5–7 minutes. To ensure doneness, use a meat thermometer. The internal temperature should reach 71°C (160°F) and the meat should have lost its pink colour.
- 7** During the last 2–3 minutes of cooking place the hamburger buns on the BBQ to heat them up.
- 8** Make four hamburgers with the buns, lettuce leaves, vegetables and patties.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

3 Protein + 2 Vegetable + 2 Starch

Calories **412Kcal**

Protein **25g**

Carbohydrates **32g**

Fibre **2.7g**

Total Fat **20g**

Saturated Fat **6g**

Cholesterol **134mg**

Sodium **291mg**

Potassium **508mg**

Phosphorus **263mg**