

Lean, Mean Burger

Makes: 50 Servings

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Ingredients	Weight	Measure
Potato, raw, peeled	3.5 lbs	
Water		1 gal
Onions, raw, chopped		1 cup
Celery, raw, chopped		1 cup
Lentils, cooked, without salt		33 oz
Bread crumbs, dry, grated, plain		2 cups
Parsley, raw		2 tsp
Rosemary, fresh		1/2 Tbsp
Black pepper, ground		1/4 Tbsp
Hamburger bun, natural grain		50
Mozzarella cheese, light, commodity-sliced	1.75 lbs	
Tomatoes, fresh, red-ripe, diced		2 cups
Lettuce, iceberg, raw, shredded	1.10 lbs	



Directions

1. Preheat oven to 350° F.
2. Thoroughly wash all produce.
3. Peel and prepare raw potato. Place in a pot and cover with water. Bring to a boil and then reduce heat to simmer. Cook until potato is softened about 10 - 15 minutes.
4. Drain potato well in colander and mash with potato smasher or place in mixer to whip.
5. Saute the chopped onions and celery in water for about 10 minutes or until al dente.
6. Combine sauted onions and celery in a bowl with the lentils, mashed potatoes, bread crumbs, parsley, rosemary and pepper.
7. Form 3 oz (using #10 scoop) Patties and place on a non-stick or line baking sheet. Bake 20 minutes at 350° F.
8. Turn and bake an additional 10 minutes or until (CCP) an internal temperature of 155° F or above for 15 seconds has been reached.
9. Toss diced tomatoes and shredded lettuce together. Set aside.
10. Open and lay whole grain hamburger buns onto cookie sheets. Toast in oven for approximately 5 minutes or until lightly brown.
11. Place patty on bottom of toasted bun and topped with ½ oz. Sliced cheese and 1/8 cup tomato and shredded lettuce mix. Top with top portion of bun.

Notes

Serving Tips:

This burger is made with an incredible mix of tasty lentils, potatoes, and yummy spices and topped off with real melted cheese. It's all situated between two whole wheat buns and there are lots of toppings available in the salad bar to create your own masterpiece.