



Featuring
Chef Darryl Crumb

Eat Like An Athlete

Presented By Manitoba Beef Producers

Classic Beef Burger

These classic Lean Beef burgers deliver an excellent source of protein, zinc and vitamin B12 – not to mention flavour! [Recipe Courtesy of Canada Beef.](#)

- 1 lb (500 g) Lean Ground Beef Sirloin or Chuck*
 - 2 tbsp (30 mL) HP® Sauce, Original
 - 1 egg, lightly beaten
 - 1/4 cup (50 mL) dry bread crumbs
 - 1 small onion, finely chopped
- *Other options: Extra Lean or Lean Ground Round, Sirloin or Lean/Extra Lean Ground Beef

1. Lightly combine beef, bread crumbs, HP® sauce, onion and egg.
2. Gently form into four 3/4-inch (2 cm) thick patties.
3. Grill over medium-high heat on lightly oiled grill for 5 to 7 minutes per side or until digital instant read thermometer inserted sideways into centre of each patty reads 160°F (71°C). Makes 4 patties.

Per pattie: 273 Calories, 25 g protein, 16 g fat, 8 g carbohydrate. Good source of iron (21% DV) and excellent source of zinc (59% DV) and vitamin B12 (70% DV), 10% DV sodium.



Liven things up with the Cocktail Hour Burger!
All the trappings of Ceasar without the Vodka

ADD-IN: 2 tsp (10mL) Lea & Perrins® Worcestershire sauce, 1 celery stalk, minced, 1 tsp (5mL) EACH celery salt and hot pepper sauce
TOPPER: Tomato slice sprinkled with celery salt and pickle garnish

Energize Your Body With Beef

Fuel your body with a healthy helping of “energizing” nutrients. Beef is naturally rich in eight key nutrients your body needs to release and use energy from the foods you eat.

- Iron
- Vitamin B12
- Thiamine
- Niacin
- Protein
- Vitamin B6
- Riboflavin
- Pantothenate



If You Can't Play Like An Athlete You Can Still Eat Like One!

