



- 1 pound ground beef
- 3 scallions, white, light green and dark green parts chopped
- 2 garlic cloves, minced
- 1/4 cup finely chopped parsley
- 1 egg
- 1/2 cup bread crumbs
- 1 TBS Worcestershire sauce
- Salt & Pepper
- Olive oil

Place the first 7 ingredients in a bowl. Season with salt and pepper. Knead to mix well. Divide the meat into 4 equal parts and form into patties.

Heat a large skillet with some olive oil. Add the meat and fry until the bottom forms a brown crust. Flip the burger and fry until cooked through - about 10 minutes total. Serve in a bun as a sandwich or with your side of choice. Enjoy!

TheFrugalChef™2010

www.TheFrugalChef.com