

Low Sodium Meatloaf Burgers and Cast Iron Skillet Potato Hash

Submitted by: Wallace Burrows, lead food service worker at Duke Marketplace

Meatloaf Burgers

1 pound 93/7 ground beef
1 red pepper, diced
1 green pepper, diced
1 tomato, diced
½ onion diced
½ tsp salt
1 tsp paprika
1 tsp cayenne pepper
½ tsp black pepper
¼ cup ketchup
2 eggs
1 cup breadcrumbs
1tbsp vegetable oil
4 sesame seed Kaiser rolls
4 leafs green lettuce-optional
4 slices tomato-optional

1. Combine ground beef, seasonings, peppers, onions, ketchup, eggs and breadcrumb in large mixing bowl making sure that all ingredients are incorporated well
2. Form mixture into 4 equal size patties about 2 inches thick
3. Get a sauté pan hot on stove and add oil
4. Take your patties and cook 3 minutes a side until internal temperature reaches 155 degrees
5. Serve on the Kaiser roll with lettuce, tomato and your favorite condiments

Cast Iron Skillet Hash

2 pounds yukon gold potatoes, diced
1 medium onion, diced
1 bulb of fennel, diced
½ pound of exotic mushrooms
1 clove of garlic
1 bunch of asparagus-tips only

1. Take a pot with 2 quarts water and 1 tsp salt and bring to a boil. Add in diced potatoes and boil just until potatoes are not hard. Maybe 5-7 minutes
2. Put your cast iron skillet on the burner on medium high heat with oil and get it hot just until the oil begins to smoke.
3. Steam the asparagus spears for about 2 minutes and the shock in a cold water bath
4. Saute onions and fennel until tender
5. Add garlic, potatoes and asparagus and sauté until tender
6. Add in mushrooms and season to taste with salt and pepper