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Blueberry-Beef Burgers

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Ingredients

- 2 slice(s) bread, whole-wheat, crusts removed, torn into pieces
- 1/3 cup(s) blueberries, frozen, thawed, or fresh
- 1 tablespoon vinegar, balsamic
- 2 teaspoon mustard, dijon-style
- 1 teaspoon Worcestershire sauce
- 2 clove(s) garlic, minced
- 1/4 teaspoon salt, or to taste
- pepper, black ground, to taste
- 12 ounce(s) beef, lean ground, 90%-lean

Preparation

1. Place bread in a food processor and pulse into fine crumbs. Transfer to a large bowl. (No need to wash the workbowl.)
2. Add blueberries, vinegar, mustard, Worcestershire, garlic, salt and pepper to the food processor; process until pureed.
3. Scrape into the bowl with the breadcrumbs. Add ground beef and mix well with a potato masher. Divide the mixture into four equal portions; form into 1/2-inch-thick patties, about 4 inches in diameter.
4. Meanwhile, preheat broiler or heat an indoor or outdoor grill to medium-high. If using the broiler, coat a broiler pan with cooking spray. If using a grill, oil the grill rack by rubbing it with an oil-soaked paper towel.
5. Cook patties until browned and no longer pink in the center, 4 to 5 minutes per side. An instant-read thermometer inserted in the center should register 160°F. Serve immediately, with or without rolls and toppings.