

All American Lamb Burger

8 servings

Preparation time: 10 minutes

Cook time: 10 minutes

- 2 pounds ground **American Lamb**
- 1 can (8 ounces) tomato sauce
- 1/2 cup rolled oats
- 1/2 cup finely chopped onion
- 3 tablespoons chopped fresh basil or 1 tablespoon dried basil leaves, crushed
- 1 teaspoon garlic powder
- 1 teaspoon seasoned salt
- 1 teaspoon seasoned pepper
- 8 hamburger buns, split and toasted
- 8 lettuce leaves
- 4 thin slices red onion, split into rings
- 16 tomato slices

In large bowl, combine ground lamb, tomato sauce, oats, onion, basil, garlic powder, seasoned salt and pepper. Mix until all ingredients are blended. Shape into eight 1/2-inch thick patties.

To Grill: Cook over medium-hot coals. Grill 4 inches from coals 5 minutes on each side or until desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well.

To Broil: Place lamb patties on broiler pan. Broil lamb 4 inches from source of heat for 5 minutes on each side or until desired degree of doneness: 145°F for medium-rare, 160°F for medium or 170°F for well.

Arrange lettuce leaf on bottom half of each bun. Top with onion rings, 2 tomato slices, cooked lamb patties and bun top.

Nutrition per serving: 381 calories, 25 g protein, 32 g carbohydrate, 18 g total fat (41% calories from fat), 75 mg cholesterol, 5 g fiber, 603 mg sodium, 7 mg niacin, 0.25 mg vitamin B6, 2 mcg vitamin B12, 3 mg iron, 5 mg zinc.

Recipe and image provided by the American Lamb Board