



### Dr. P's Mediterranean Burgers

- 2 lbs 20% fat ground beef
- 1 bunch flat leaf parsley, finely chopped
- 3 green onions, finely chopped
- 1 tablespoon The Prime Ingredient Original Mediterranean Spice Blend
- 1 teaspoon salt
- 1/2 teaspoon pepper

In a medium bowl, combine the ground beef, parsley, green onions, Prime Spice, salt and pepper. Mixing with your hands until all the ingredients are incorporated.

Mold 6-8 oz sized patties, place on a plate, cover and refrigerate for at least 1 hour.

Preheat your barbecue grill on high for 10 minutes.

Place the hamburger patties on the hot grill and turn the heat down to medium. After 5 minutes turn the burgers over and continue to grill until done (4-5 minutes more for medium rare) 125 degrees.