

BEIJING BURGERS

Time: 20 minutes

Serves: 4

Ingredients:

1 pound ground bison
7 ounce can water chestnuts – drained and chopped
6 green onions – sliced
¼ cup soy sauce
1 tablespoon dry sherry
2 teaspoons sesame oil
2 cloves garlic very finely chopped or crushed
1 teaspoon fresh grated ginger
Sweetener equivalent to one teaspoon sugar
¼ teaspoon fresh ground black pepper

Preparation:

Preheat a large pan on medium high.

Mix all ingredients just until evenly distributed and form into four patties.

Cook for four minutes per side or until they reach your desired temperature.

Remove from heat, let rest for two minutes and serve.

Nutritional Information Per Serving:

Calories: 210
Fat: 8g
Carbs: 10g
Fibre: 1g
Protein: 23g