



Level 5 Hamburger & Bun





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IDDSI LEVELS **5** **6** **7**



INGREDIENTS

	1 Serving	6 Servings	12 Servings
BURGER			
Beef broth or Water, Hot	3 Tbsp	1 cup + 2 Tbsp	2 1/4 cup
THICK & EASY® Instant Food & Beverage Thickener Item: 17938	1 1/2 tsp	3 Tbsp	6 Tbsp
THICK & EASY® Level 5 Minced Beef, thawed & heated Item: 114401	1/2 cup	1 bag (11.9 oz)	2 – 11.9 oz bags
BUN			
THICK & EASY® Texture Modified Bread and Dessert Mix Item: 118519	2 Tbsp	3/4 cup	1 1/2 cups
Vegetable oil	1/2 Tbsp	3 Tbsp	6 Tbsp
Water, hot	3 Tbsp	1 cup + 2 Tbsp	2 1/4 cup

NOTE: Before serving, always test for Level 5 using IDDSI guidelines. Add additional broth slurry if meat mixture is too dry or crumbly; or add a small amount of Thick & Easy® Instant Food & Beverage Thickener if too wet or thin.

NUTRITION

Serving Size:
1 burger patty –
About 2 oz or one
#12 scoop, 1 bun
(two #40 scoops)

Calories: 240

Total Fat: 14g

Saturated Fat: 3.5g

Cholesterol: <55mg

Sodium: 250mg

Total Carb: 15g

Dietary Fiber: 0g

Total Sugars: 3g

Added Sugars: 0g

Protein: 16g

Vitamin D: 2% DV

Calcium: 0% DV

Iron: 6% DV

Potassium: 2% DV

DIRECTIONS

BURGER PATTIES

1. Add **THICK & EASY® Instant Food & Beverage Thickener** to hot broth or water and stir briskly until mixture starts to thicken.
2. Add to thawed **THICK & EASY® Level 5 Minced Beef** and stir to combine.
3. If desired, add seasonings or spices to the meat mixture for added flavor.
4. Cover and hold for service at 135°F or higher.

BUN

5. Add vegetable oil to bread mix and stir until mixture resembles wet sand.
6. Add hot water to bread mixture and stir briskly until blended.
7. Portion #40 scoops of bread mixture onto a pan lined with wax paper or parchment.
8. Cover with plastic wrap and allow to rest at room temperature for at least 30 minutes.

TO SERVE

9. Using a clean gloved hand, flatten and shape each bread scoop into 2–3-inch circles.
10. Place one bread circle on a serving plate.
11. Top with about 2 oz (one #12 scoop) thickened meat mixture and flatten with a spatula.
12. Add burger toppings of choice.
13. Place another bread circle on top of meat patty.
14. (For a browned appearance, lightly brush top of bun with browning sauce)