

HAMBURGER NEW STYLE

INGREDIENTS

8 oz firm tofu (½ block), drained

8 oz lean ground beef (90%/10%)

1 tablespoon olive oil

1 teaspoon garlic, minced

2 tablespoons onion, chopped

½ teaspoon cayenne pepper

½ teaspoon black pepper

2 eggs

1 teaspoon olive oil

1 cup onion, cut into strips

**1 cup red bell pepper,
cut into strips**

1 tablespoon balsamic vinegar

1 teaspoon honey

4 hamburger buns (2 oz each)

4 lettuce leaves

PREPARATION

- 1** In a bowl, shred the tofu with a fork. Add the ground beef, 1 tablespoon olive oil, garlic, onions, cayenne pepper, black pepper, and eggs. Mix all ingredients with a fork and set aside for 15 minutes.
- 2** Turn on the grill and heat to medium-high.
- 3** In a non-stick frying pan, heat 1 teaspoon olive oil over medium heat. Add the onions and red bell peppers and fry for 2 minutes.
- 4** Add the vinegar to the onion and pepper mixture, turn the heat down to medium-low, and cook for another 10 minutes, stirring occasionally until vegetables are tender.
- 5** Add the honey to the vegetables in the last minute of cooking. Turn off the heat and set aside.
- 6** Form four patties with the meat/tofu mixture and place the hamburgers on the grill. Reduce heat to medium and cook patties for 5 minutes on one side. Turn them and cook for another 5-7 minutes. To ensure doneness, use a meat thermometer. The internal temperature should reach 160°F and the meat should have lost its pink color.
- 7** During the last 2-3 minutes of cooking, place the hamburger buns on the grill to toast them.
- 8** Once the buns are toasted and burgers are done, assemble the hamburgers, placing a patty on a bun and top with vegetable mixture and lettuce.



HAMBURGER NEW STYLE



Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic Exchanges:

3 Protein + 2 Starch
+ 1 Lower-Potassium Vegetable

Calories	401 Kcal
Protein	25 g
Total Carbohydrate	37 g
Fiber	3 g
Sugars	10 g
Fat	17 g
Saturated	5 g
Cholesterol	130 mg
Sodium	343 mg
Potassium	544 mg
Phosphorus	255 mg
Calcium	182 mg

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types

- CKD Non-Dialysis
 Dialysis/Diabetes
- Dialysis
 Transplant

For CKD and Transplant: make six slider-sized burgers with slider-sized buns.

POTASSIUM CHECK ✓

How to transition to using more plant-based protein

Whether you are in the earlier stages of chronic kidney disease or needing dialysis, plant-based proteins can be a healthy option. Eating more plant-based proteins compared to animal proteins will produce less acid in your body which can slow the progression of kidney disease, and if you require dialysis, this will help to protect your bones and muscles.

It can be hard to make big changes in your eating habits overnight, especially if meat has always been a part of your diet. One way to achieve the goal of eating more plant-based proteins is to transition your diet over time by eating less animal protein and building in more plant-based proteins. This can be accomplished by adjusting your daily menus or one recipe at a time. This recipe is a classic example of adding a plant-based protein such as tofu to beef to make a more healthful hamburger. The resulting hamburger is lower in fat, saturated fat, and cholesterol and more kidney-friendly as it is lower in protein, potassium, and phosphorus.

Presented by



Favorably reviewed by



Supported by an educational donation by

