



SERVING UP

Savings!



SERVES 4 for \$3 PER SERVING

Caribbean Beef Burgers & Mango Salsa

KEY INGREDIENT SHOPPING LIST

- 1 lb. PA Proud ground beef lb. \$3.99
- 1 (12 oz) Lawry's Marinade®
Caribbean Jerk \$2.39
- 1 fresh mango \$1.00
- 1 bunch fresh cilantro \$1.00
- 1 bunch green onion 63¢
- 1 fresh jalapeño pepper 10¢
- 1 fresh lime 67¢
- 1 4-pack Hearty Dark Grain
hamburger rolls \$1.79

PRICES EFFECTIVE 8-6-09 THROUGH 8-12-09

INSTRUCTIONS:

- 1-1/2 lbs ground beef
- 2 tbsp Caribbean jerk seasoning
- Salt

MANGO SALSA:

- 1 mango, peeled,
coarsely chopped (about 1 cup)
- 1 tbsp fresh cilantro, chopped
- 1 tbsp green onion, chopped
- 1 tbsp jalapeño pepper,
finely chopped and seeded
- 1 tbsp fresh lime juice

Combine ground beef and jerk seasoning in large bowl, mixing lightly but thoroughly. Shape into four 3/4-inch thick patties.

Place patties on grid over medium, ash-covered coals. Grill, covered, 13 to 15 minutes (over medium heat on preheated gas grill, covered, 13 to 14 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Season with salt, as desired.

Meanwhile, combine salsa ingredients in medium bowl, mixing lightly. Serve burgers on a lightly toasted roll and top with mango salsa.

Source: BeefItsWhatsForDinner.com

