

Moroccan Burgers

- 2 lbs ground meat, a mixture of lamb and beef
- 1/2 c each finely chopped yellow onion, grated carrot
- 4 cloves garlic, minced
- 2 T each grated fresh ginger, chopped fresh mint
- 1 t each sea salt, sweet paprika, ground cumin, curry powder
- 1/4 t each cayenne, ground cinnamon, freshly ground black pepper
- 1 c dried homemade bread crumbs
- 2 small eggs, lightly beaten
- 1/4 c chopped fresh cilantro (or 2 teaspoons dried)

Preheat the oven to 350°F. Combine the lamb and beef in a large bowl. Gently stir the vegetables and herbs into the ground meat. Mix in the bread crumbs and eggs. Form into 10 patties. Broil until cooked through. Serve with [mango salad](#) and [rice pilaf](#) or ketchup, green salad and roasted potatoes. Serves 6-8. Can be frozen.

Jittery Cook