

Broiled Cheeseburgers

1.5 lb. ground sirloin
½ tsp onion powder
¼ cup minced onion
1 cup soft bread crumbs
2 tbsp catsup
2 tsp Italian seasoning
1 ½ tsp garlic salt
¼ tsp red pepper flakes
1 egg
½ cup finely chopped
broccoli (optional)
sliced cheese

6 hamburger buns

Mix all ingredients (except cheese and buns) together for form six patties. Place on sprayed broiler pan. Broil for 6 minutes each side, basting with a little extra catsup before turning over. Add cheese the last 30 seconds of broiling time. Place on toasted or untoasted buns. 6 servings.