



Richard Romney
BeCoolGrandpa.com

be cool grandpa

Inspired by: Robin Miller

Savory Tuna Burger

Serves: 4

Prep time: 10 mins
Cook time: 10 mins

Skill level: easy

**Cooking method: Stove top
with large skillet.**



ingredients:

The Burger:

- 3 (6-ounce) cans light tuna in water, drained
- 1/3 cup light mayonnaise
- 3 tablespoons seasoned dry bread crumbs
- 2 tablespoons chopped fresh parsley leaves
- 1 teaspoon Dijon mustard
- 1 teaspoon hot sauce
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon olive oil
- 4 hamburger buns or Kaiser rolls
- 1 beefsteak tomato, sliced
- 1/4 cup thinly sliced sweet pickles



instructions:

Step 1)

In a large bowl, combine the tuna, mayonnaise, bread crumbs, parsley, mustard, hot sauce, salt, and pepper. Mix well and shape the mixture with my Burger Patty Board into four equal patties.

Step 2)

If you're stopping here:

Step 3)

Wrap the burgers tightly in plastic wrap and refrigerate up to 3 days or freeze up to 3 months. Thaw completely in the refrigerator or microwave for 3 to 4 minutes on LOW before cooking.

Step 4)

When you're ready to eat:

Step 5)

Heat the oil in a large skillet over medium heat. Unwrap the burgers and cook until golden brown and heated through, 3 to 5 minutes per side. Serve the burgers on buns with sliced tomato and pickles.



grandpa's thoughts:

This is a delightful meal for lunch. I love these burgers in the Fall when we can go into the garden and pick tomatoes.

When cooking these tuna burgers you really don't need to cook them very long. The tuna is already cooked so you're just warming them up.