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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Mexican Burgers

By News Canada

Mexican Burgers

by: **News Canada**

Prep Time: 15 minutes

Cook Time: 15 minutes

Makes: 6 servings

1 pkg Knorr® Onion Soup Mix

1 1/2 lbs (750 g) medium ground beef

1/4 cup (50 mL) water

2 tbsp (30 mL) chili powder

1 tsp (5 mL) ground cumin

1 1/2 tsp (7 mL) dried oregano

6 slices Monterey Jack or cheddar cheese

(2x 1.5 inches/ 5x3 cm)

1/2 cup (125 mL) prepared salsa

1/4 cup (50 mL) mayonnaise

6 buns

Mexican Burgers

shredded lettuce

coriander leaves

In a large bowl, combine Knorr® Onion Soup Mix, beef, water, chili powder, cumin and oregano; mix well. Divide into 6 equal portions. On a baking sheet pat each portion into a 5-inch (12 cm) thin, round patty. Place one piece of cheese on each patty. Fold edges of meat over the cheese, pressing firmly in centre to seal completely. Chill 30 minutes or overnight. In a small bowl, combine salsa and mayonnaise; chill until ready to serve. Grill patties over medium-hot coals for 6 to 7 minutes on each side or until no longer pink inside. Place cooked patty on the bun and add lettuce. Top with salsa mayonnaise and coriander to serve.

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Brown Burgers May Look Done, But Are They?

By News Canada

(NC)–According to Health Canada, summer chefs who cook ground beef burgers on gas grills could have a food safety problem if they rely solely on colour—rather than an instant-read food thermometer—to determine if their patties are adequately cooked. For example, sometimes previously frozen beef burgers may turn brown in the middle before they reach a temperature high enough to kill harmful E. coli bacteria.

That's why it's so important to always use an instant-read food thermometer when cooking hamburgers to check that the burgers reach 71° C (160° F). At this temperature,

Mexican Burgers

E. coli is killed and the hamburgers are considered safe to eat. For more information on food safety, visit the Canadian Partnership for Consumer Food Safety Education Web site at

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