VEAL BURGERS WITH SAUTÉED PEPPERS

Total preparation and cooking time: 20 minutes

Ingredients:

1 ½ lb.	Ground veal
1	Egg (slightly beaten)
3 tbsp.	Finely chopped onion
⅛ tsp.	Coarse grind black pepper
½ tsp.	Salt
1 ½ tsp.	Vegetable oil
½ cup each	Red, green and yellow bell pepper strips (2 ¼ x ¼ inch)
To taste	Bread or rolls, toasted (optional)

Instructions:

1. Combine ground veal, egg, onion and pepper in large bowl, mixing lightly but thoroughly. (Mixture will be very moist.) Shape into six ½-inch thick patties.

2. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 10 to 12 minutes, until instant-read thermometer inserted horizontally into center registers 160⁰F, turning occasionally. Season with ½ teaspoon salt.

3. Meanwhile in 10-inch nonstick skillet, heat oil over medium heat until hot. Add bell peppers; cook and stir 5 minutes or until tender. Stir in ¼ teaspoon salt. Spoon equal amounts of peppers on burgers. Serve burgers on bread, if desired.

COOK'S TIP: To broil, arrange patties on rack in broiler pan so surface of meat is 4 inches from heat. Broil 8 to 10 minutes, until instant-read thermometer inserted horizontally registers 160⁰F, turning once.