

# Quick & Easy

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## THE COSTCO WAY

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### **Avocados from Peru Beef Burger**

Makes 4 servings

#### **Ingredients:**

2 lbs 98% lean ground beef  
½ tsp garlic powder  
½ sweet onion, minced  
1 Tbsp reduced sodium Worcestershire sauce  
Sea salt and black pepper to taste  
4 whole wheat buns  
2 tomatoes, sliced  
2 ripe Avocados from Peru  
1 onion, sliced  
Lettuce or spinach

#### **Instructions:**

Halve, peel and pit avocados. Cut into slices. In a medium bowl, add beef, garlic powder, onion, Worcestershire sauce, salt and pepper. Using a large wooden spoon or your hands, mix until combined. Form into 4 patties. Heat a large skillet over medium. Cook patties for about 5 minutes, or until well browned. Flip patties. Cook for an additional 5 minutes, or until internal temperature reaches 160 F. Transfer burgers to buns. Top with tomato, avocado slices, onion and lettuce. Serve.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**

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