This recipe makes enough for 6 or 8 people.

WHAT YOU USE:

hamburger meat  tomatoes
raw white potato  flour
onion  water
salt
MEAT-POTATO-BURGERS
Wash all fresh vegetables before you eat or cook them.

1 pound of hamburger meat. Put meat in a bowl.

1 large white potato (raw) - peeled and chopped. Put in the bowl.

1 small onion - peeled and chopped. Put in the bowl.

Add 1 teaspoon of salt. Mix.
4. Make 6 or 8 patties.

5. Put patties in a frying pan. Brown on both sides.

6. Canned tomatoes, cut up. 2 cups with juice. Put in the frying pan.

7. Cover. Cook slowly until done, about 25 minutes.

8. Take patties out of the frying pan. Keep them hot.
Gravy for patties.

Flour - 1 tablespoon.
Water - 1 tablespoon.

Mix flour and water. Stir until smooth. Add a little hot tomato juice. Stir.

Add flour and water to the frying pan. Cook until thick. Stir a few times.

Serve the gravy with the patties.

A GOOD DIET has meats, eggs, cheese or dry peas and beans every day. A good diet has vegetables and fruits. It also has milk and bread.

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