

GUMBO BURGERS submitted by James Menard

1 small onion, chopped fine
1 lb of ground beef
1/2 cup water
1 tsp garlic powder
2 tsp Worcestershire sauce

2 tbsp. oil
1 cup **leftover gumbo juice**
1/2 tsp black pepper
1 tbsp. each mustard and catsup
Dashes of your favorite hot sauce.

In a heavy medium sized pot add the oil and sauté the onions. Add the meat and brown. Add the remaining ingredients, mix well and heat thoroughly. Cover, reduce heat and simmer for 20 minutes, stirring occasionally. Serve hot. Spoon onto a toasted hamburger bun, poor boy bun or French bread. Enjoy these Cajun Sloppy Joe's.

Meeting, Greeting, Cooking & Eating

Gathering on the 2nd Saturday of each
month at Palmetto Island State Park



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